

Bavarian News

Vol. 6, Nr. 13

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

July 7, 2010

HOHENFELS

Bikers beware

Hohenfels' course puts cyclists to the test during the 2010 Mountain Bike Series

PAGE 17

ANSBACH

Supersized fun

Children and parents have a new reason to leave the TV behind in Illesheim

PAGE 18

GARMISCH

Summer swell

Flash flooding on the Oberau River strands tourists and residents near Garmisch-Partenkirchen

PAGE 20

SCHWEINFURT

Ties that bind

A father and son serving in different armies find common ground in Schweinfurt

PAGE 22



10 miles of fun

There's still time to register for the U.S. Forces Europe Army 10-Miler qualifier at the Grafenwoehr's Physical Fitness Center, July 10. See page 12.

Fond farewell

The Grafenwoehr Military Community will bid a fond farewell to Garrison Commander Col. Chris Sorenson and his family during his change of command ceremony on the parade field, July 15, at 2 p.m. Read his farewell commander's column on page 2.

De-stress

Stressed out? A health educator offers tried and true tips. See page 11.

Index

Opinion Editorial	2
News	3-10, 24-25
Medical	11
What's Happening	12-13
Travel	15
Strength in Diversity	17
Movies	26
AAFES	27

Wired for success



Photo by Molly Hayden

Kyle Jackson, 16, traverses his way across a wire as his team looks on during an exercise at the Leaders' Reaction Course on Grafenwoehr Training Area's Camp Kasserine, June 24. The course and numerous other activities, which tested the physical and mental endurance of more than 100 Junior Reserve Officer Training Corps cadets, were part of a 10-day Cadet Leadership Challenge. See page 3 for the full story.

Eyewitness to history

GTA re-enacts historic first shot

by Michael Beaton

7th U.S. Army JMTC Public Affairs

At precisely 8 a.m. on Range 114a, June 30, more than 25 German officials from the city of Grafenwoehr, the Bundes Forest Office (Bundesforstbetrieb) and the state of Bavaria, delegations from the German Bundeswehr and the Joint Multinational Training Command gathered to commemorate the re-enactment of the historic first artillery shot fired at the Grafenwoehr Training Area, which was the round that marked the birth of the training area.

During the ceremony, Brig. Gen. Steven L. Salazar, Command Sgt. Maj. Darius A. ZaGara and the Joint Multinational Training Command's Soldier of the Year, Spc. Timothy J. Murray of the Joint Multinational Readiness Center's Operations Group pulled the lanyard of the 1st Battalion, 84th Field Artillery's M109A6 Paladin howitzer, the most technically advanced howitzer in the U.S. Army today, commemorating the historic shot.

"A dynamic second century of Grafenwoehr history now begins. Since that first shot in 1910, Graf has continually transformed and improved, and its history is ingrained in all of us here today," said Salazar during the ceremony. "We at the JMTC aspire to be the most impressive, respected training facility in the U.S. Army. We are working with the Bundeswehr, our many multinational partners, and the city of Grafenwoehr to move this installation forward into the 21st century. It is tremendously gratifying to me."

The Paladin's shot blasted its target See RE-ENACTMENT, page 25



Photo by Markus Rauchenberger

Brig. Gen. Steven L. Salazar, commanding general, Joint Multinational Training Command, JMTC's Command Sgt. Maj. Darius A. ZaGara and JMTC's Soldier of the Year Spc. Timothy J. Murray pull the lanyard of an M109A6 Paladin howitzer, commemorating the historic shot that opened the Grafenwoehr Training Area in 1910.

Right: The past meets the future during the Grafenwoehr Training Area's 100-year anniversary celebration. Bundeswehr Soldiers in period uniforms fired an antique howitzer as part of the ceremony. For more coverage of 100th anniversary events, see pages 4 and 24.



Photo by Michael Beaton

COLA in Europe drops 20%

by Bruce Anderson

U.S. Army Europe Public Affairs

HEIDELBERG, Germany — The Cost of Living Allowance rate set by the Defense Department for June will result in most service members experiencing at least a 20 percent COLA reduction, depending on the service member's community. This reduction is a result of the stronger U.S. dollar against most European currencies.

For example, based on June COLA rates for Heidelberg, a private first class with two years of service and two dependents is entitled to \$265.42, down from \$400.17 in May. A married staff sergeant with 10 years of service and three dependents will now receive \$358.58, down from \$540.63. And a colonel with 24 years of service and two dependents gets \$593.67 instead of \$895.04.

See COLA, page 24

Army to downsize in Europe

by Bruce Anderson

U.S. Army Europe Public Affairs

HEIDELBERG, Germany — The Department of Defense and U.S. Army Europe announced June 23 several base closures and associated force structure changes. These actions represent the next steps in U.S. Army in Europe's ongoing transformation process.

Between now and December 2015, U.S. Army in Europe is scheduled to close 22 installations in the Heidelberg/Mannheim area and one in Giessen, and prepare them for return to the German federal government. The installations are no longer needed because of ongoing transformation and consolidation efforts.

As part of the transformation process, most of the units and organizations currently stationed in the Heidelberg and Mannheim areas will relocate. The USAREUR headquarters is expected to begin moving to Wiesbaden in fiscal year 2012 and be finished by October 2014. Installation Management Command-Europe's headquarters will move during the same time period.

"These actions support the DOD global posture plan, the U.S. European Command theater posture plan, and the U.S. Army's transformation, and are necessary to ensure USAREUR has the right force in the right place

See DOWNSIZING, page 25

IN THIS EDITION

'Tis the season

Outdoor Recreation's hunting course is a cultural experience

PAGE 8

Must-see Mallorca

Island lifestyle gives tourists a chance to refine their relaxation skills

PAGE 15

One with nature

A new environmentally friendly trail educates as it invigorates

PAGE 24



Bavarian News

Commander, U.S. Army Garrison Grafenwoehr
Col. Chris Sorenson

Public Affairs Officer

Kim Gillespie
kim.c.gillespie@eur.army.mil
DSN 475-8103, CIV 09641-83-8103

Managing Editor

Jeremy S. Buddemeier
jeremy.buddemeier@eur.army.mil
DSN 475-7113, CIV 09641-83-7113

Assistant Editor

Trecia A. Wilson
trecia.wilson@eur.army.mil
DSN 475-7775, CIV 09641-83-7775

Grafenwoehr Correspondent

Molly Hayden
molly.hayden@eur.army.mil
DSN 475-8886, CIV 09641-83-8886

Garmisch Correspondent

John Reese
william.john.reese@eur.army.mil
DSN 440-3701, CIV 08821-750-3701

Schweinfurt Correspondents

Eva Bergmann & Nathan Van Schaik
eva.nina.bergmann@eur.army.mil
nathan.vanschaik@eur.army.mil
DSN 354-1400, CIV 09721-96-1400

Hohenfels Correspondent

Kristin Bradley
kristin.bradley@eur.army.mil
DSN 466-4917, CIV 09472-83-4917

Ansbach Correspondent

Ronald Toland
ron.toland@eur.army.mil
DSN 468-1600, CIV 09811-83-1600

Advertising: Retail advertising and classifieds, www.milcom.de, ads@milcom.de

Address: U.S. Army Garrison Grafenwoehr Public Affairs
Attn: Bavarian News
Unit 28130, APO AE 09114

We want to hear from you!

The *Bavarian News* welcomes articles from Army organizations and announcements from the general public about events of interest to the military community.

If you have newsworthy ideas or stories you'd like to submit, coordinate with the managing editor at 475-7113, or e-mail jeremy.buddemeier@eur.army.mil. Prior coordination is mandatory.

The editorial deadline for articles and announcements is noon on Tuesday, the week prior to the publication date. Publication dates can be found at www.milcom.de.

All editorial content is the responsibility of the U.S. Army Garrison Grafenwoehr Public Affairs Office.

The *Bavarian News* is an authorized publication for members of the Department of Defense. Contents of the *Bavarian News* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army.

The *Bavarian News* is published every two weeks by Werbeagentur und Verlag Roswitha Lehner, a private firm in no way connected with the U.S. Army under exclusive written contract with U.S. Army Garrison Grafenwoehr. The newspaper has a printed circulation of 9,800.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Milcom Advertising Agency of the products or services advertised.

Water Tower art by Dane Gray

Community makes AFAP a success

As the assistant chief of staff for Installation Management Command, one of the most important duties I have is overseeing the Army Family Action Plan process.

The AFAP is the Army's grassroots effort in which members of the Army Community (Soldiers, civilians, families and retirees) identify and elevate significant quality of life issues affecting the Army Community to senior leaders for action. The AFAP is also a key component of the Army Family Covenant because it gives commanders and other Army leader's insight into needs and expectations of the Army Community.

Simply stated, AFAP is a voice for the Army Community to inform and partner with Army leaders to determine if we're doing the right things, whether we're doing things right and to find out what we're missing.

I want you and every member of the Army Community to know about the AFAP, understand how it works and to become a partner in the process. The AFAP allows you to communicate with and receive feedback from the most senior military and civilian leaders of the Army and Department of Defense about issues important to the health and well-being of Soldiers, civilians and family members.

Here's how it works: The AFAP is a year-round process that begins on installations where representatives of the community meet in forums to identify, develop and prioritize issues they believe are important to maintain a good standard of living for the Army Community. Approximately 90 percent of the AFAP issues that emerge are resolved at the local level and result in ongoing community improvements.

However, some issues require support beyond the local level. Those issues are elevated to midlevel (Army command) AFAP conferences. Issues that require the attention of higher-level authorities go to the Headquarters Department of the Army AFAP Conference, where delegates from across the Army determine which issues will be worked by the Army staff.

The AFAP General Officer Steering Committee, comprised of senior DoD officials, Army leaders and field representatives (commanders and command sergeants major), meets every six months to provide senior leader direction on action plans, milestones and resolution of AFAP issues.

In the six months since the last AFAP GOSC meeting, functional representatives from the DA staff and I



have met for six AFAP sessions, reviewing 86 active AFAP issues. During those sessions we studied the history and latest developments for each issue, then decided on a recommended status (remain active, complete, or unattainable) to present to the AFAP GOSC for consideration.

After I presented our recommendations to the GOSC June 30, we began the process of determining the next steps and status for each issue.

The results from this GOSC, as well as previous GOSC meetings, are available on the new and improved AFAP website.

The AFAP website is conveniently located in Army OneSource (www.myarmyonesource.com) to provide the Army Community with easy one-stop shopping for Army information, including meeting results from the January GOSC and previous meetings.

The AFAP website has been improved by the addition of the Active Issue Search Application. This new feature allows users to search the status of all issues using several filter options, such as keywords, issue status, service component, subject, demographic group, command and more.

The Army is dedicated to building awareness of AFAP across the Army and ensuring everyone has full access to AFAP recommendations and accomplishments and knows how to become a partner in the process.

As the assistant chief of staff for Installation Management Command, I am committed to ensuring all AFAP Recommendations are thoroughly analyzed to determine if they are realistically achievable based on factors such as, congressional support, cost and other factors. I am also committed to ensuring that the GOSC provides the Army Community with the results of our analysis and decisions as quickly as possible. This is important work. Previous recommendations submitted through the AFAP process have had very positive and wide-reaching affects for the Army Community. For example:

- 2009: Distribution of Montgomery GI Bill benefits approved for dependents;
- 2008: Military annual leave carryover increased

Commander's Message



Support and teamwork make Graf great



The expansion of the Grafenwoehr Military Community has been phenomenal, and the growth is all in the right direction. Community support and teamwork are what Grafenwoehr is all about. Our services and programs and have continued to adapt and improve in order to meet the needs of our tenant units and all of our Soldiers, civilians and families. Our housing and medical programs and services have made our Army Family Covenant not only a success, but a true partnership in that we provided and supported Soldier and community needs that were guided by your comments and recommendations. Whether it was a change in service hours or a recommendation for our playgrounds, it made us a better place to live, work and train.

We have optimized many medical and garrison wellness programs into a model approach by identifying and treating behavioral health. One of these programs is our recently piloted 360 Leader Comprehensive Fitness Course. This two-week opportunity allows us

NCOs from Graf units who now have enhanced resilience and comprehensive Soldier fitness skills that they can share with their units. We also included the spouses in week two and to date have excellent feedback.

The addition of a USO to the Grafenwoehr Military Community is another acknowledgement of the importance and size of our mission in Europe and offers additional support and recreational outlets for our Soldiers. While we may not have all the conveniences of a major European city right outside our gates, our location near the Bavar-

ian Alps made our Warrior Adventure Quest program one of the most popular among Army installations. Our new Warrior University program provides Soldiers an opportunity for college classes upon their redeployment, and a new Warrior Zone has just opened on Main Post that offers numerous indoor recreational activities for Soldiers in a location convenient to our barracks.

Most importantly, the teamwork and partnership we have with our host nation community is the best in Europe. The one consistent statement we hear from our German neighbors is that they want to host more Americans at their events. Just outside our gates you can find concerts in the evening or fests on the weekend. Families can take the kids to a fischerfest and let them fish, or participate in a local parade for Fasching. Just shopping at the town market lets you learn about the local foods. Our German neighbors are proud of their Bavarian traditions and they want us to participate.

In closing, I want to personally in-

vite you to attend our garrison change of command, July 15, at 2 p.m., on the Main Post parade field. My family and I have been honored to serve with you and have enjoyed living in this fantastic community.

Graf is an exciting place to be, and I know I leave it in good hands. Col. Van Smiley arrives at Grafenwoehr from IMCOM Headquarters. He is already familiar with our processes, our community and our campaign plans. He has an outstanding command sergeant major in Command Sgt. Maj. Berrios, and a dedicated and experienced garrison staff.

Under the leadership of our senior commander, Brig. Gen. Salazar, they will continue to work with all of you to ensure the Grafenwoehr Military Community remains a great place to live, work and train. It's great to be at Graf!

*Col. Chris Sorenson
Commander, U.S. Army Garrison Grafenwoehr*

CSM CORNER



Moving safely requires caution, attention to detail

Regardless of how far you move, or how many times you've done it, the process is stressful. If you and your family are moving soon, there are a couple things you should consider.

During the moving process, things get chaotic. Everyone is running in different directions and no one is paying complete attention where they are going. This can cause several safety issues. For example, the doors of the house are open as the movers keep going in and out of the house for loads. A child or a pet may see that open door and make a break for the great outdoors while everyone is busy, and no one is the wiser until either the child either gets hurt or someone realizes they're missing.

In the Army, we are constantly telling Soldiers to have a plan. During this hectic time, Soldiers and family members should remain vigilant as well. Plan where the smaller children and pets will be during the actual packing process. Perhaps arrange for them to stay at the child development center or at a friend's house on moving day. Consider making the same ar-



rangements for pets. Either put them in crates, in a locked room or on a leash in the yard. Moving is as stressful for them as it is for adults. They feel the tension and behave accordingly.

Having a good plan for the PCS process can make the difference between having your passports in hand as you head to the airport or watching them drive away with 100 boxes on the moving truck. Make an itemized list where you want things to go and when.

Another issue with moving is getting rid of all that stuff you don't want or can't take back to the states. Don't just put it in a dumpster. The fines by German officials can be hefty for unauthorized dumping.

The customs office recommends Soldiers and family members apply early for import permits on restricted items because the process can take months.

"Prohibited items include meat and meat products such as sausage, pâté and salami, as well as plants and destructive devices," said Bill Johnson, director of the U.S. European Command's Customs and Border Clearance Agency. "If you're planning on shipping firearms, ensure you have proof that you owned them in the states or have an import permit," Johnson added.

For more information on banned and approved items, visit the customs website at www.hqusareur.army.mil/opm/uscustoms.htm.

The moving process can be stressful enough, but with a little planning, you and your family can focus on the bigger issues, like keeping everyone safe.

*Command Sgt. Maj.
William Berrios
CSM, U.S. Army Garrison Grafenwoehr*

JROTC cadets rise to the occasion



Lincoln Vogler, 17, maneuvers his way across a wooden plank during a team-building exercise as part of the Cadet Leadership Challenge.



Above: JROTC cadets break for lunch during their rigorous camp schedule. Cadets dined on Meals, Ready to Eat (MREs), which was a first and surprisingly pleasant experience for most.

Right: Cadets combine forces to defeat an obstacle on the Leaders' Reaction Course at Camp Kasserine, June 24.

Story and photos by
Molly Hayden
Staff Writer

Six Junior Reserve Officer Training Corps (JROTC) cadets stood in silence on a 15-foot tall platform. One by one they glanced to the next platform, measuring approximately the same distance across. Their eyebrows raised as various scenarios danced in their heads.

Their goal was to get their whole team across, safely.

Numerous wooden planks lay beside them, although none were the full length of the divide.

Then, in something resembling a "MacGyver" episode, the team began shouting ideas, strategizing and eventually executed a plan to negotiate the obstacle.

The exercise was part of the Leaders' Reaction Course at Camp Kasserine in the Grafenwoehr Training Area and led small groups of cadets through various scenarios that tested their ability to work together and solve problems creatively.

For the past 15 years, cadets have participated in events like this during the 10-day Cadet Leadership Challenge, affectionately called "summer camp," by many in attendance.

Retired Maj. David Schwab, senior Army instructor at Baumholder High School, said the activities at the camp test the young cadets both physically and mentally.

"The purpose is to challenge the cadets, to exercise their mus-

cles and give them the confidence to complete these tasks," said Schwab. "There is no reward for being the best and no penalty for being the worst. It's all a learning experience."

Although majority of the 112 cadets represented neighboring Department of Defense high schools, including Vilseck, Patch, Vicenza and SHAPE, a handful traveled from Calumet and Lake Linden high schools in Michigan to participate in the elite challenge.

During the Cadet Leadership Challenge, cadets participated in events such as canoeing, drown-proof training, rock climbing and rappelling, urban orienteering, a drill competition and klettersteig, where they traversed boulders in the uniquely European sport. Cadets woke every morning at 5 a.m. to prepare their barracks for inspection and spent the entire day participating in training activities. The 10 p.m. "lights out" call could not come faster for many cadets.

"It's all been amazing and we are learning a lot," said Samantha Burrow, a 16-year-old cadet from Baumholder High School. "But the days are long and at times a bit rough."

"Plus, it is summer vacation, we should all be sleeping in," she added, garnering laughs from her fellow cadets. The schedule was grueling, but for many, the long days and early hours are preparing them for a future in the military service.

"The skills I'm learning here will surely benefit me later," said

17-year-old cadet Aaron Steffen from Heidelberg. "I'm learning a lot through my interactions with the cadets, which will help me with interaction with Soldiers in the future."

Schwab agreed. "Our main goal is to motivate the kids to become better citizens — now and in the future," he said, adding that the JROTC program prepares high school students for responsible leadership roles while making them aware of their rights, responsibilities and privileges as American citizens.

"You see the cadets motivating each other and working together," said Schwab. "They are becoming a team and are more confident than when they first arrived."

Statistically, summer camps around the world, both military and nonmilitary, are often a place where relationships are strengthened and lasting friendships are made. The Cadet Leadership Challenge was no exception.

"In only a few days we all got past the stranger phase," said Steffen. "We are now family."

The Cadet Leadership Challenge is sponsored by Department of Defense Dependent Schools-Europe and the U.S. Army, with support from Army JROTC instructors, the Joint Multinational Training Command, the U.S. Army Reserve, the Grafenwoehr Outdoor Recreation Division, the U.S. Army Garrison Grafenwoehr Dining Facility, the 69th Signal Battalion, Grafenwoehr Directorate of Public Works and the Tower Inn.



Cadets race around the fitness center's track.



Teeth chattering, cadets practice making floatation devices out of their in pants in the frigid waters of the Grafenwoehr swimming pool.

172nd Inf. Bde. builds partner capacity in Europe



Sgt. 1st Class Jason McMillen, platoon sergeant, A Company, 1-2nd Infantry Regiment, teaches Sgt. 1st Class Ivan Milojkovic, counter-terrorist, Cobra Battalion, Special Operations, Serbian Armed Forces, how to use the M249 Squad Automatic Weapon during a range exercise in Grafenwoehr, June 15.

Story and photo by
SpC. Bethany L. Little
172nd Infantry Brigade Public Affairs

The 172nd Infantry Brigade is helping to build allied partner capacity within Europe through joint training in Grafenwoehr.

Upon completing the Warrior Leader Course, Soldiers from the Serbian Armed Forces embedded with the Soldiers of A Company, 1st Battalion, 2nd Infantry Regiment, Task Force 3rd Battalion, 66th Armor Regiment, to observe daily operations as a noncommissioned officer.

"We tasked the three Soldiers to each of our line platoons so they could see the different jobs that our noncommissioned officers do on a day-to-day basis," said Staff Sgt. Matthew Rogers, headquarters platoon sergeant, A Co., 1-2nd Inf. Regt.

The Serbian soldiers experienced the U.S. Army's way of life by stepping into the day-to-day operations in

the maintenance section and participating in range operations. But most importantly, they were able to observe interactions between Soldiers and NCOs.

"My Soldiers and I observed the different procedures in certain situations that the NCOs here use, as well as how well the NCOs worked with their Soldiers," said Sgt. 1st Class Ivan Milojkovic, counterterrorist, Cobra Battalion, Special Operations, Serbian Armed Forces.

While embedded with the Soldiers of A Co., Serbian soldiers participated in NCO led classes; physical fitness training; urban operations; Bradley crew drills; and disassembling, assembling and shooting the M249 Squad Automatic Weapon.

"I learned a lot about how the NCOs here worked with their Soldiers while I was here," said Staff Sgt. Boro Borcic, counterterrorist paratrooper, Counter-Terrorist Battalion, Special Operations, Serbian Armed Forces.

"The structure is different here than

in my battalion; for example there isn't a separation of the NCOs and officers as there is here. A second lieutenant in our battalion acts as a first sergeant does here," explained Borcic.

The Serbians were not the only ones to benefit from the combined training.

"This is the first time our company has ever worked with the Serbian soldiers," explained Sgt. Anthony Woods, squad leader, A Co., 1-2nd Inf. Regt. "It was a great experience having them here working with us, and it helped us build a better relationship with the Serbian soldiers."

Mirroring this sentiment, the Serbian soldiers believed they had benefited from the cross-training experience.

"The overall experience here was a great experience and a great honor," said Milojkovic, a native of Smederevo, Serbia. "I have learned a great deal that I can pass on to my soldiers in Serbia, and I would be more than happy to come back to learn more from these NCOs."

Graf's fitness center gets an energy boost



Above: Col. Chris Sorenson, U.S. Army Garrison Grafenwoehr commander (center) discusses plans for the new solar panels on the roof of the Main Post Physical Fitness Center with subject matter experts and support team members. **Left:** A crane lifts a 5 x 2 meter solar panel onto the roof of the Main Post Physical Fitness Center, June 29. The panels are expected to be fully functional by August.

Story and photos by
Molly Hayden
Staff Writer

After months of gray skies and less than desirable weather, residents have recently been blessed with long summer days filled with sunshine.

But the sun brings the Army community more than heat, light and freckle-kissed skin — it also provides an alternate source of energy.

Eight mega solar collectors were placed on the roof of the Main Post Physical Fitness Center, June 29, with the intent of gathering free energy from the sun. The panels are scheduled to be fully functional in August.

The 5 x 2 meter collectors contain water mixed with glycol, which transports the collected sun energy via pipes to the central utilities room in the basement. The energy is then stored in large insulated storage tanks, each with a capacity of 1,500 liters. These tanks are connected to a heat exchanger where the domestic hot water is generated.

The system is designed to preheat the domestic hot water. If the sun energy is insufficient due to weather, the existing district heat system will

take over and ensure customers always have a hot shower following their workout.

Additionally, those who visit the fitness center can watch how much sun is harvested through a display mounted at the entrance.

Although this is the first

“It is more economical and more responsible to use this form of renewable energy.”

Werner Ohla

Chief, Utilities Branch, Grafenwoehr

renewable energy project at Grafenwoehr's Main Post, the practical use of solar power for remote buildings is gaining momentum within the garrison.

“We will see more projects like this in the future,” said Werner Ohla, chief utilities branch, Department of Public Works, U.S. Army Garrison, Grafenwoehr.

“When we consume too much energy we rely on big

energy companies, but the sun keeps on giving,” said Ohla.

Werner approximates the \$189,000 project will pay for itself in 8-10 years.

“It is more economical and more responsible to use this form of renewable energy,” said Ohla.

Ensuring a secure and reliable energy supply, coupled with equitable, effective and efficient management of site infrastructure, is a critical part of the IMCOM Energy Campaign.

The supply is never-ending when using renewable energy and the sun is rich source. The energy is extracted from the natural source in natural manner without spoiling the natural flow.

“To use energy from the sun just makes sense,” said Jeff Darrow, chief of DPW, Operations and Maintenance Division for the garrison. “The future of the garrison is reducing our energy footprint and projects like this reflect the direction we are going.”

With new initiatives and constant changes to be more environmental sound, “Army green” has taken on a whole new meaning.

Team searches for energy alternatives off post

by **Werner Ohla**

USAG Grafenwoehr Directorate of Public Works

The U.S. Army Garrison Grafenwoehr has been searching high and low for ways to conserve energy and make the transition to using more renewable sources of energy in accordance with the Installation Management Command Campaign Plan.

Measures, such as lowering room temperature during unoccupied hours, reducing excessive street lighting levels, or installing motion sensors and timers have already been implemented at Grafenwoehr. For larger projects such as total energy upgrades of buildings, projects have been developed with the estimated funds requested.

Currently, three large photo voltaic systems are being installed at Rose Barracks and two on Main Post with a total investment of \$1.5 million. Additionally, a contractor is installing solar collectors for the generation of hot water at the Main Post Fitness Center.

Recently, more than 20 participants, mostly members of the garrison's Energy Tiger Team, toured several facilities in Neustadt County to gather additional ideas for maximizing the garrison's energy efficiency.

Like USAG Grafenwoehr, the County of Neustadt is pressing hard to explore and implement renewable energies, County Commissioner Simon Wittmann said. The county's goal is to show a carbon dioxide neutral balance on county-owned facilities through the use of locally produced energy sources.

In Eschenbach, an innovative vegetable oil cogeneration plant produces electricity for sale while the cooling water from the generators is directed to heat exchangers for heating an adjacent school. In addition to these measures, a wood chip boiler was installed last December, which increases the total capacity of the heating plant. As a result, a stand-by oil fired boiler only needs to be activated during heating peak demands (a few very cold days during the winter season).

In order to optimize the system, an obsolete fuel oil tank was remodeled to be used as a hot water storage tank. During hotter days, passively heated hot water can be stored here and used during colder days. The system is being monitored by an energy monitoring and control system (EMCS), which transmits all data to the county office at Neustadt/WN. The fuel sources, vegetable oil and wood chips, are both locally generated renewable sources coming from this region, Wittmann said. He suggested that the USAG Grafenwoehr could also benefit

from the wood chip resources potentially available from the Grafenwoehr Training Area if the garrison had similar systems in place.

Participants also toured the Geological Center in Windischeschenbach and visited a biogas generation plant in Weissenbrunn. In Windischeschenbach, Dr. Frank Holzfoerster, head of the geological center at the “Continental Deep Drilling Well” (KTB), explained continental deep drilling in detail. The group climbed the drilling tower and learned about this challenging project, which includes the earth's deepest drilling well, produced for scientific and research purposes.

During the visit of the exhibition facility, Holzfoerster answered the Tiger Team's “burning” question: Is using geothermal energy economical for heating facilities at USAG Grafenwoehr?

The facility the team was standing in was heated with geothermal energy through the placement of 100-meter deep wells serving ground loop heat pumps. The temperature difference between the bottom and the well comes to only 2-3 degrees Celsius, but this is sufficient to generate heating water with a temperature of 45 degrees Celsius (113 degrees Fahrenheit) by means of a heat pump. With a low temperature heating system, i. e. a floor heating system, a building can be kept warm economically.

Heat and electricity is produced by forward thinking farmers within the region. The last stop of the “Green Energy Tour” was in Weissenbrunn, which is close to Kohlberg where the group met an innovative farmer. Christian Lehner operates a biogas plant he designed and constructed in order to diversify his market. With the waste produced by his 100 cows, he fuels his plant and generates methane gas. The technology uses a natural process where bacteria feed on the organics and produce the burnable gas which is being collected in large concrete and fabric container.

The methane gas produced is used to fuel two generators with a total capacity of 340 kilowatts. The electricity is sold to the local power supplier Eon with the exhaust heat from the generators fed into heat exchangers where hot water provides the heat for the entire adjacent village.

At the end of the tour the experts agreed: Cows are an unlikely source for biomass energy production at USAG Grafenwoehr, however, the use of grass clippings and other biowaste for biomass energy production should be explored.

Editor's Note: Werner Ohla is the Utilities Branch chief at U.S. Army Garrison Grafenwoehr's Directorate of Public Works.

Museum celebrates GTA's 100th



The Hunting Horn Players of Eschenbach play at the Grafenwoehr Culture and Military Museum during the opening of its exhibit on the 100th anniversary of the Grafenwoehr Training Area. The exhibit marked the opening of a week full of festivities celebrating the occasion.

Exhibit praises city's partnership with training area

Story and photo by
Trecia A. Wilson
Assistant Editor

“Grafenwoehr and the training area only make up 17 percent of the town's history, but for the generation that lives here, it amounts to 100 percent,” said Olaf Meiler, historian and curator of the Grafenwoehr Cultural and Military Museum as he spoke to more than 75 attendees at the opening of the 100th Anniversary of the Grafenwoehr Training Area exhibit at the museum, June 27.

The mood was jovial as German and American dignitaries alike politely listened to speeches between updates on the Germany versus England FIFA World Cup Soccer match. And no one seemed to mind the loud hollers or honking cars which erupted city-wide after Germany won the match 4-1.

“The City of Grafenwoehr and the training area have lived in a tight symbiosis for almost 100 years,” said Meiler. “Regardless of whether we citizens of Grafenwoehr work inside or outside of the training area, we all live with the training area

because it has a direct or indirect impact on our lives.”

“As we reminisce about the past 100 years at the Grafenwoehr Training Area, what resonates is the spirit of co-operation and commitment to making this community a better place,” said Brig. Gen. Steven L. Salazar, commanding general, Joint Multinational Training Command.

That cooperation was evident throughout the exhibit, which included historical documents and objects provided by the German and U.S. armies.

“This exhibition, which is intended to allow you to take a virtual peek over the fence, is definitely not a miss, like the first shot that was fired in 1910,” said Willi Buchfelder, chairman of the Grafenwoehr City Club.

The exhibit is a wide-ranging documentation of the history of both the training area and the community itself. Not only did the Historic Society maintain the museum's original displays, it added several special pieces to acknowledge the joint nature of the anniversary.

A replica of the largest cannon ever made, Dora, was loaned to the museum for this exhibit by Kirchenthumbach resident Gerhard Seemann. The 80-cm cannon, commissioned by Adolf

Hitler, weighed 1,350 tons and shot 7.1 tons of armor-piercing grenades over a distance of 38 kilometers. History shows that larger caliber cannons have been built, but no gun had the mass of the Dora cannon.

Other displays include the first cannon shot at GTA along with a pictorial representation of the cannoneer who made that first shot, photo essays and timelines of the training area history.

A special exhibit on the second floor is dedicated to forest administration and the protection of native species and habitats. Coordinated with the assistance of the German Federal Forest Office Grafenwoehr and the environmental office of U.S. Army Garrison Grafenwoehr, it is a testament to the benefits of working together to preserve the environment of the training area and beyond.

“The years of the U.S. military not being concerned about the impact of their training on the environment are long gone,” said Forest Director Ulrich Maushake. “We are more than happy to support the 100th year anniversary of the training area.”

After the official exhibit ribbon cutting attendees ate and drank in the city park to the sounds of the U.S. Army in Europe Dixieland Band.

Soldiers must update EFMP enrollment

Story and photo by
Trecia A. Wilson
Assistant Editor

“Sorry, you aren’t going anywhere until your EFMP status is updated,” is a distressing thing for a Soldier to hear as he or she is preparing to PCS.

All Soldiers are at risk of hearing that statement if at least one of their dependents, adult or child, is enrolled in the Exceptional Family Member Program, and that enrollment has expired or is not up-to-date.

“Armywide, there are about 20,000 Soldiers with expired or not up-to-date EFMP enrollments,” said Jay Velis, Exceptional Family Member Program manager at U.S. Army Garrison Grafenwoehr.

According to Installation Management Command’s website, an exceptional family member is a dependent of any age with a disorder that requires special treatment, therapy, education, training or counseling. Enrollment is mandatory and must be updated every three years, or when there are significant changes in the dependent’s condition.

“In Europe, most Soldiers we currently see that have a family member enrolled in EFMP have an expired or not up-to-date EFMP,” said Master Sgt. Matthew Bryant, Joint Multinational Training Command’s senior career counselor.

A person’s EFMP enrollment may expire for several reasons. Sometimes

Soldiers get divorced and forget to disenroll their spouse; or a child outgrows a condition like asthma and the parents forget the child was ever enrolled; or a previously enrolled child has grown up and moved away.

However, even though a dependent leaves or no longer needs services, the EFMP enrollment remains and can become a red flag on the Soldier’s file.

In any of the above situations, Soldiers will need to show the EFMP nurse official documentation of the new status. For example, divorce decree, child custody order or a birth certificate showing the child has matured past the age of allowable Army medical coverage. If a child no longer needs specialized services, the specialist who determined that status will need to provide an official statement.

“Soldiers who haven’t updated their EFMP enrollment could slow down or even halt their PCS process,” said Velis.

“When a Soldier wants to re-enlist and choose a new duty station to move to, it takes us about three days to get that Soldier an answer,” said Bryant. “With a Soldier who has a family member enrolled in EFMP it can take up to one to three months because Soldiers who have an EFMP enrollment must be processed for re-enlistment manually.”

Soldiers without EFMP dependents can be sent virtually anywhere without considering the availability

of specialized services at the new location, and usually know within three days. For Soldiers with EFMP dependents, it can be more complicated.

The process for re-enlistment can take two to three weeks or one to three months, depending on whether their EFMP dependent’s file is up-to-date and if the requested new location offers services specific to their dependent’s needs. The verification process must also pass through several offices and if requirements aren’t met, the process starts over.

Another common misconception is that a Soldier serving overseas does not have to worry about dependents in the EFMP when preparing to PCS back to the states.

“That is not entirely true,” said Bryant. “There have been occasions when a stateside PCS location was denied because the needs of the EFMP dependent could not be met at that location.”

Bryant suggests to Soldiers whose Date Eligible to Return from Overseas is within one year begin out-processing preparations immediately. He also recommends making a list of and reviewing all medical, dental and educational needs for the entire family, choosing a new post, but having a couple back-up options, too.

“There are many floating parts in a Soldier’s re-enlistment or PCS process,” said Bryant. “It is important not to underestimate the amount of time it will take to make all those



U.S. Army Garrison Grafenwoehr’s Exceptional Family Member Program Manager Jay Velis assists Spc. Lawrence Llewellyn, Headquarters and Headquarters Company, 2nd Battalion, 28th Infantry Regiment, review his Exceptional Family Member enrollment status. Soldiers changing stations must ensure their EFMP status is current before they can PCS.

parts come together.”

For more information regarding the Exceptional Family Member Program, or to ensure your family member’s records are up-to-date, contact your EFMP manager at the

Army Community Service office or the EFMP nurse at the health clinic. Additional information on the program can be found online at www.imcom-europe.army.mil/sites/news/toolbox_EFMP.asp.

USAG Grafenwoehr		Exceptional Family Member Program managers			
Jay Velis, EFMP Manager DSN 476-2766, CIV 09662-83-2650	NeTarshia Williams, EFMP Specialist, DSN 475-8764, CIV 09641-83-8764	USAG Ansbach Christine Kaawaloa, EFMP Manager DSN 467-4555/3632, CIV 09802-83-4555/3632	USAG Hohenfels Theresa Ortiz, EFMP Manager DSN 466-2083, CIV 09472-83-2083	USAG Garmisch Martila Seals, FAP/EFMP Manager DSN 440-3777, CIV 08821-750-3777	USAG Schweinfurt Richard Thompson, EFMP Manager DSN 354-7077/6933, CIV 09721-96-7077/6933

Emergency Placement Care makes a difference

by **Cristina Maria Piosa**
*USAG Grafenwoehr
Army Community Service*

All children deserve a happy home and to be nurtured by their families. We would love to think that all children in our community are happy and live in a safe environment. Unfortunately, some children are currently living in abusive households, or are being neglected and have no place to go.

The Emergency Placement Care (EPC) is a Family Advocacy program that trains people to become providers who can offer a temporary and safe home for children. The EPC is

a voluntary program providing 24-hour care for at-risk children in the community. Trends have indicated that incidents of child abuse and neglect tend to increase during deployments. Neglect can range from subjecting children to an unsanitary home environment to lack of attention and care.

“An EPC provider is an individual who can help a child, or children, ages 0 to 16,” said Judy Joyner, Family Advocacy EPC coordinator. “By helping, you provide a safe and temporary living environment as issues are being resolved with the child’s family.”

“The EPC program can be

compared to the civilian foster care program in the United States. We give you the necessary training that you can also add to your resume,” Joyner said. “You receive a stipend for each child per day. This is a great program and we need great people who care in helping children in need. You can make a difference.”

The U.S. Army Garrison Grafenwoehr has reported several incidents of child abuse or neglect cases but had only two providers available to help the children. If there are no providers, children will be placed in other military installations, which may cause further dis-

tress as their daily routines are disrupted and they are away from their normal environment. It is necessary to have more providers in this community so the children suffer less stress and are able to seek care in a timely manner.

The EPC offers training ranging from first aid and CPR certifications, a food handlers course, child abuse prevention and more. As a provider, these training sessions and courses allow you to gain child care experience that follow you throughout your military moves and career.

Joyner said the process to become a certified EPC pro-

vider takes approximately 90 days. Participants must be an ID card holder, be 21 years of age with one year left in the community, and undergo a federal and local background check.

“Once certified, you are called when there is a child in need,” Joyner said. “Details of age, gender and special needs are given to ensure you are a match with the specific child or children. Your home must be able to accommodate the child or children, to include their clothes; often cases can last for different periods of time.”

“Our children need people

who can open their doors and hearts and offer a safe environment,” Joyner said. “Our children are our future and part of the military family and deserve to live in healthy homes. You take on the role of a temporary parent or family, and allow that child to gain hope for a brighter future.”

The EPC Office is located in Rose Barracks’ ACS, Building 322. Hours of operation are from 8 a.m. to 5pm. Call DSN 476-2560, CIV 09662-83-2560. Individual and class setting training are available. Start your enrollment today and help the children in need in our community.



ART IN PINK

Anna Wiger, 6, adds more flair to her newly decorated chalkboard during a children’s art class offered through the Heart & Home Craft Shop on Grafenwoehr’s Main Post. Art classes are presented every Tuesday, Wednesday and Thursday, from 1 to 3 p.m., for children ages 6 to 16. Each class offers a different project including sun catchers, door signs and bookmarks and key chains. Early sign-up is suggested. For more, contact the Heart & Home Craft Shop at DSN 475-6101, CIV 09641-83-6101.

Photo by Molly Hayden

Puerto Rico invalidates birth certificates

by **JMTC Office of the Staff Judge Advocate**
News Release

As of July 1, 2010, all Puerto Rican birth certificates issued before June 15, 2010, have become invalid, and anyone who needs a Puerto Rican birth certificate will have to apply for a new one through the Puerto Rico Vital Statistics Record Office. Puerto Rico invalidated these birth certificates to prevent identity theft and to help the U.S. Department of State and Department of Homeland Security combat passport fraud.

The Puerto Rico Vital Statistics Record Office has begun accepting applications for new, permanent birth certificates. Application forms are available at: www.salud.gov.pr/Programas/RegistroDemografico/Pages/Requisitosparaso-

licituddeNacimiento.aspx.

Along with the application, applicants should mail the following documents:

- (1) a copy of a valid driver’s license or passport,
- (2) a check for \$5 (this fee is waived for veterans and people over 60), and
- (3) a self-addressed, postage-paid envelope. Mail these documents to the Puerto Rico Vital Statistics Record Office, Registro Demografico, P.O. Box 11854, San Juan, PR 00910.

For any questions about applying for a new Puerto Rican birth certificates, or any other general legal questions, contact your local legal assistance office at the following numbers: Ansbach (Katterbach), 467-2103; Ansbach (Illesheim), 467-4576; Bamberg, 469-8832; Grafenwoehr, 475-7114; Hohenfels, 466-2401; Schweinfurt, 353-8384; and Vilseck, 476-2289.

Visit the U.S. Army Garrison Grafenwoehr web page, www.grafenwoehr.army.mil, for up-to-date news, photos and events.

Hunting in Germany more than a sport

ODR courses offer outdoor enthusiasts opportunities

Story and photo by
Molly Hayden
Staff Writer

Urbanization is encroaching on much of the woodlands globally, forcing animals into smaller areas of land and limiting opportunities for outdoor enthusiasts.

But in Bavaria, green lands are plentiful and the animal population is far from scarce, which provides an abundance of game for hunters in an ideal setting.

In Germany, however, hunting is more than just a sport; it is a conservational duty, according to Hunting and Fishing Program Manager Ulrich Sibbers, Outdoor Recreation Grafenwoehr.

The hunting system here is ruled by strict ethical codes and a demanding education system. Hunters are expected to learn a dizzying array of laws, identify various species of animals in the forest and participate in unique hunting traditions.

Additionally, precise shooting skills are a must.

To acclimate Soldiers and family members to the German traditions of hunting, a three-month course is offered through Family and Morale, Welfare and Recreation and Outdoor Recreation.

The course equips newly minted and veteran hunters with information on wildlife identification and conservation, firearm safety, survival and first aid skills and game care.



A fisherman showcases a large musky, caught during a fishing trip with Outdoor Recreation. Outdoor Recreation provides Soldiers and community members with all permits, education and tools needed for worthwhile fishing and hunting ventures within Europe.

"The course is a good mix of young and old with all ranks participating," said Sibbers, adding that there are many misconceptions about the hunting process in Germany because it differs greatly from hunting in the United States. "But this course opens up doors for a unique

and cultural hunting experience right here."

"The training is a lot more thorough than what I was used to," said veteran hunter Joe Livingston, instructor at the Combined Arms Training Center on Rose Barracks. "You learn more about each animal - what they like to eat,

how to spot diseases, when they mate. It's an in-depth look into the world of the animal. It's so much more than just shooting game."

After successful completion of the course, participants are eligible for the German Hunting License, administered by the person's local German city. This license enables eligibility to hunt in locations throughout Germany and other European countries with proper permits and permission.

Hunters may seek game including red deer, roe deer, wild boar, chamois, feathered game and a variety of others, depending on the season.

"The course gave me more respect for the animals I hunt," said Livingston. "Instead of just pulling the trigger, I take time to study the animal - to look at the horns, look at the differences of each species and shoot with care and caution."

In addition to the hunting course, a one-week fishing course is available for those seeking to obtain a German Fishing License, a necessity when fishing in Germany. The course is easier by comparison and, upon completion, allows capture of several different trout, catfish and pike along with many other fish in the waters of Europe.

Although the main emphasis of both the hunting and fishing courses is to learn German laws and traditions that differ from the ways of hunting and fishing in the states, the training in safety, game identification and overall procedures provides hunters and fishers with information and techniques to become more knowledgeable in the outdoors than ever before; and that will make them more successful and conscientious, regardless of where the Army takes them.

Backyard barbecues are no time to pull out guns

by U.S. Army Combat
Readiness/ Safety Center
News Release

From the moment Soldiers enter basic training, they receive constant instruction on how to care for and respect their firearms. Since Soldiers work with weapons nearly every day, it's easy to assume no one would be better equipped to handle a gun at home. However, the reality is that on average, the Army has lost five Soldiers each of the past three years to off-duty weapons handling accidents.

According to Tracey Russell, a weapons safety expert at the U.S. Army Combat Readiness/Safety Center, the answer to why these seemingly proficient Soldiers die from unintentional shootings is attributed to several different factors.

"In the majority of Army (privately owned weapons) accidents, it's clear the basic fundamentals of safe weapons handling are ignored," Russell said. "The most prevalent mistakes that lead to these accidents are horseplay, improper clearing procedures and failure to keep the weapon on safe and finger off the trigger when there's no intent to fire."

Overconfidence and complacency are primary contributors to these mistakes, Russell said. Many Soldiers seem to think that because they frequently handle weapons without incident while on duty, they should have no problem with their firearms at home. Sadly, this is a deadly assumption.

Off duty, there isn't a supervisor nearby to enforce the standard, and past negligent discharge accidents prove it's all too easy for Soldiers to neglect the basics of firearm safety.

"It cannot be stressed enough that every weapon should always be treated as if it's loaded, even if you 'know' it isn't," Russell said. "We've lost too many Soldiers in accidents involving 'unloaded' weapons."

Other commonalities shared by most Army privately owned weapons accidents include the involvement of alcohol and time of day, especially during the late evening or early morning hours. From April to September 2009, three Soldiers were killed in off-duty accidental shootings, all between the hours of 10 p.m. and 2 a.m. Alcohol use was

confirmed in two of the three cases.

Obviously, alcohol and firearms are a lethal combination. During a time of summer barbecues and other social functions that typically involve drinking, it's extremely important to resist the urge to "show off" the latest addition to the gun cabinet.

"If you or anyone in the area has been drinking, leave your weapons secured in a safe place," Russell said. "Under the influence of alcohol, even the most responsible person might take unnecessary risks that could end in tragedy."

Soldiers looking to buy a personal firearm should also remember that different types of weapons have different characteristics and handling procedures.

"If you're purchasing a personal weapon, you owe it to yourself, your family and your unit to get the right training and read the owner's manual," Russell said, adding that while there are many sources of firearms training available, the best place to start looking is the local installation. Many posts offer basic weapons safety classes at the installation shooting range, and Soldiers can also check out nearby gun and hunting clubs and gun shops to see what training they provide or recommend.

Finally, it's important to remember the family aspect of firearms safety. According to the National Institutes of Health, a child as young as 3 years old has enough strength to pull the trigger on a handgun. Further, of all unintentional shootings reported annually in the United States, more than half were committed by children and teens. Always store guns unloaded and in a locked gun safe or cabinet to ensure little hands stay safe.

Despite the dangers posed by irresponsible handling of privately owned weapons, firearms-related fatalities within the Army are trending downward. As of April 1, 2010, one negligent discharge fatality has been recorded for the fiscal year, compared to an average of five per year from fiscal year 2007 to fiscal year 2009.

For more information on safe weapons handling, visit the USACR/Safety Center's Range and Weapons Safety Toolbox website at <https://safety.army.mil> or the National Shooting Sports Foundation's Safety website at www.nssf.org.

Tick season begins early in Europe

by Lt. Col.
Kenneth R. McPherson
*U.S. Army Public Health Command
Region-Europe*

HEIDELBERG, Germany – Entomologists at the U.S. Army Public Health Command Region - Europe are reporting an early season for ticks this year. They are already seeing significant numbers of ticks in the field. The USAPHCR-Europe laboratory has received specimens submitted from several medical treatment facilities throughout Europe.

Ticks present the greatest vector-borne disease risk in Europe. They carry and can transmit a host of diseases to people and animals. Since 2001, the incidence of Lyme disease (the most common disease reported) has been on a steady increase in Europe.

While summer in Europe lends itself to outdoor activities with great bike trails, volksmarches, and weekend camping trips, one little blood-sucking tick can spoil it all. Though the risk of being bitten by a tick doing normal outdoor activities on military installations is low, the risk of encountering a tick increases as people and pets get further off paved trails and mowed parks into tall grass and brushy vegetation.

Lyme disease

Lyme disease (known as Lyme borreliosis in Europe) is the most frequent tick-borne disease in Europe. A person with Lyme disease may develop fever, headache, fatigue and a skin rash called erythema migrans. This rash is sometimes referred to as a "bull's-eye" rash because of its red circular appearance. As it continues to grow (up to nearly 12 inches in diameter), it will often lose the redness in the center of the rash.

If the disease is left untreated, it can worsen and cause swelling of the brain, facial paralysis, and pain and numbness in the hands, feet or other areas of the body.

In most cases, Lyme disease can be treated with antibiotics.

No vaccine against Lyme disease is currently available, so tick awareness, appropriate clothing in tick-infested areas, and early removal of attached ticks remain the most important prevention measures.



Ticks can cause lyme disease in humans and pets. Check your kids and pets regularly for ticks and follow the below listed removal procedures.

Prevention

In areas where ticks are prevalent, these precautions are advised:

- Avoid waste high vegetation and wild game trails located in and near forested areas. People are most likely to come into contact with ticks during spring and early fall when ticks are most active and numerous.
- Wear light-colored clothing. This makes it easier to see crawling ticks.
- Wear long pants and tuck them into boots or socks. Shirts should be tucked into pants at the waist. This will help ensure the tick is visible before it gets under clothing.
- Wear clothing that is treated with insect repellents. Many outdoor companies now sell outdoor clothing pretreated with permethrin to repel ticks and other biting arthropods. For all other outdoor clothing, spray them with an insect repellent containing DEET. These sprays are sold at most convenience stores.
- Apply insect repellents containing DEET to exposed skin as directed by the product label. Pay careful attention to label directions when applying repellents on children.
- Check yourself and your children carefully for ticks after outdoor activities. Pay close attention to warm, moist areas of the body and to your head.
- Avoid consuming unpasteurized dairy products (milk or cheese).

Diseases transmitted by ticks, such as Tick-borne Encephalitis, are often found in raw dairy products.

- Avoid using tick-and-flea collars meant for animals on people; the chemicals in these products can cause skin and internal organ damage to humans.

Tick removal

To properly remove an embedded tick, use fine-tipped tweezers to firmly grasp the tick's head as close to the skin as possible, and pull up in a smooth, steady motion. Avoid jerking, twisting, or pinching off the head, as this may break off the tick mouth parts and cause secondary infections. After removing the tick, clean the area with soap and water and apply an antiseptic. Always wash your hands after handling ticks.

Avoid home remedies, such as hot matches, fire, fingernail polish or other extreme methods to remove ticks. These techniques may cause the attached tick to regurgitate into the host.

After removing ticks, stay alert for signs of tick-borne diseases. If a tick bite is followed by flu-like symptoms and/or a skin rash, promptly see your primary care provider for evaluation.

Ticks on pets

Ticks can also transmit diseases to pets.

There are several products, such as topical flea-and-tick medications and prescription collars, available to protect pets from ticks. Contact the local veterinary clinic for the best product to use. Never use repellents containing DEET on pets.

Pets with protective collars may still carry ticks; these ticks are most likely dead or dying.

Tick removal from pets is the same as for people. If the pet is too excitable or if help is needed, call your local veterinary clinic for assistance.

To find out more about ticks and tick-borne diseases, visit the U.S. Army Public Health Command's (Provisional) website at <http://phc.amedd.army.mil>.

Editor's Note: U.S. Army Public Health Command Region-Europe's Col. Eric Shuping and Lt. Col. Greg Saturday contributed reporting.

Visit the U.S. Army Garrison Grafenwoehr webpage, www.grafenwoehr.army.mil, for up-to-date news, events, contact information and much more.

Zoned in



Photo by Molly Hayden

Soldiers and community members celebrate the Warrior Zone's the grand opening, June 28. Located on Main Post Building 153 (between the physical fitness center and dining facility), the new Family and Morale, Welfare and Recreation facility is designed to provide a fun, casual atmosphere for single Soldiers to unwind, play video games and pool or relax on the numerous plush couches to watch the big screen and sip refreshments.

The Warrior Zone is open Monday-Thursday, 4-10 p.m.; Friday, 4 p.m.-2 a.m.; Saturday, 11:30 a.m.-2:30 a.m.; and 2 p.m.-midnight on Sundays and holidays.

Returning to US with a foreign dependent requires planning

Travel orders alone won't expedite immigration process

by Omer Duru

JMTC Office of the Staff Judge Advocate

While serving abroad, it is not uncommon for U.S. service members to find themselves falling in love, marrying a local, and having children. After years of living with their new families and serving their country, service members preparing to PCS or ETS may be confronted with unforeseen legal issues when planning a return to the U.S. with a non-U.S. citizen spouse or stepchild.

Despite years of being command sponsored, happily married and caring for children, the U.S. Citizenship and Immigration Services (USCIS) requires U.S. citizens or lawful permanent residents to submit an I-130 Alien Relative petition (I-130) on behalf of their foreign dependents. This process may take six to nine months to complete. Failing to do so may force the Soldier to depart, leaving his family behind to deal with USCIS paperwork.

Make no mistake, travel orders alone will not cure or expedite the immigration process. If the foreign dependents are German, this could result merely in family separation, but if the foreign dependant is from another country, for example Mexico or the Philippines, failure to complete the USCIS requirements in time could force the service member to send loved ones back to their home country before traveling to the United States. When going through the process of filing for an immigrant visa, petitioners must be sure to gather the following information in order to successfully complete their petition:

- USCIS must approve a Form I-130, Petition for Alien Relative, submitted by mail or in person. File with USCIS in Frankfurt only if the petitioner is currently residing in Germany. If petitioner is not in Germany, the petition should be submitted to the local USCIS or U.S. Consular office. Petitioners should complete the following steps:

- Fully complete Form I-130.
- When filing on behalf of a spouse, both the petitioner and beneficiary must complete separate copies of Form G-325A, Biographic forms.

- A petition filed on behalf of a spouse must include passport-size photos of the petitioner and spouse.

- Include a filing fee of \$355 for each petition. If mailing a petition, the fee must be paid in the form of a U.S. cashier's check, U.S. dollar money order, international bank draft made payable to the U.S. Citizenship & Immigration Services, or by either Visa or MasterCard. If fil-

ing in person, cash may be used.

- Petitioners must submit documentation to establish the family relationship between the petitioner and beneficiary. Either a marriage license or birth certificate should suffice. If the petitioner or beneficiary had been previously married, copies of divorce decrees and death certificates will also be required. Certified English translations should accompany all German documents.

- State Department must issue an immigrant visa number and stamp the dependent's passport.

The following steps must be completed for State Department approval:

- After establishing an eligible family relationship between petitioner and dependent, the Form I-130 can be approved by USCIS in Frankfurt.

- Following USCIS approval, the I-130 will be sent to the State Department immigrant visa section, which will contact the petitioner directly.

- If approved by state, the dependent's passport will be stamped to reflect this and your family is ready to head home to the U.S.

Upon arrival in the U.S., beneficiaries' status will be converted to lawful permanent resident or conditional resident, depending on the length of familial relationship between petitioner and beneficiary.

Your first stop when getting ready to return to the U.S. with a non-U.S. citizen spouse or stepchild should be your local passport office. Remember, this has to be done at least six to nine months prior to the PCS or ETS to the United States. In Grafenwoehr, Soldiers should contact Dianna Edison at DSN 475-8699/8754, or dianna.edison@eur.army.mil.

Once the USCIS paperwork is submitted, the point of contact for petitioners in Germany is the U.S. Consulate in Frankfurt, (+49) 69 7535-2233, Fax (+49) 69 7410971, or USCIS.frankfurt@dhs.gov.

Your local legal assistance office can also assist with questions about how to fill out an I-130 Alien Relative petition and notarizing required documents. You may reach 7A JMTC's legal assistance offices at the following numbers: Ansbach-Katterbach, 467-2103, CIV (09802) 83 2103; Ansbach-Illesheim, 467-4576, CIV (09841) 83 4576; Bamberg, 469-7609, CIV (09513) 00 7609; Garmisch, 466-2401, CIV (09472) 83 2401; Grafenwoehr, 475-7114, CIV (09641) 838 7114; Hohenfels, 466-2401, CIV (09472) 83 2401; Schweinfurt, 353-8511, CIV (0972) 196 8511; and Vilseck, 476-2290, CIV (09662) 83 2290.

Editor's Note: Omer Duru is a legal intern at JMTC's Office of the Staff Judge Advocate.

Procrastinators have breathing room (again)

Time is of essence whether taxpayers owe or are owed

by Brad Huestis

JMTC Office of the Staff Judge Advocate

This past tax season, 7th Army JMTC tax centers in Bavaria assisted 8,157 tax payers, saving them \$1,827,786 in commercial tax preparation fees, and generating \$20,732,552 in refunds. Although the overseas tax filing deadline of June 15 has passed, eligible members of the military community may continue to receive limited tax assistance at their local legal assistance office through Sept. 31, 2010.

This extended service is especially important for U.S. citizens living abroad and receiving income from foreign sources; for example, a retiree who now works for a non-DoD firm on the economy.

This is because the IRS requires U.S. citizens to report all worldwide income. So, U.S. citizens must continue to file income tax returns, even if they live overseas and only receive income from foreign sources.

Filing and reporting does not necessarily mean taxes will be owed. There is an income exclusion and a foreign tax credit that can be used to prevent double taxation on foreign income. The foreign earned income exclusion allows taxpayers to deduct foreign-earned income from their total income.

In 2009, taxpayers were allowed to exclude up to \$91,400. DoD and DA civilian employees cannot take advantage of this exclusion, because U.S. government employees do not qualify for the foreign earned income exclusion. If taxpayers have foreign income not eligible for the foreign earned income exclusion, but the income in question was subjected to foreign taxation, they may be able to take a credit for foreign taxes paid.



Huestis

The IRS requires that taxpayers file the past six year's tax returns, but has a 10-year statute of limitations on collecting back tax.

The IRS also may charge penalties and interest on tax owed. These penalties and interest may add up to more than your original tax bill.

Therefore, taxpayers should file missed or prior year tax returns as soon as possible to avoid these extra charges.

There are some special rules to consider when filing late returns that include overseas income. For example, the foreign earned income exclusion normally can only be taken on a return filed by the due date, but late taxpayers can still use the exclusion on returns filed after the due date if they owe no federal income tax after taking the exclusion or, if tax is owed after taking the exclusion, the taxpayer files before the IRS discovers the late exclusion.

One other important note, taxpayers can only receive refunds for returns that were filed within three years of the due date, including extensions. Bottom line, whether taxpayers owe taxes or are due refunds, it is clearly better to take care of the problem before the IRS discovers it.

For assistance with questions about preparing or filing late tax returns, or any other general legal questions, contact your local legal assistance office at the following numbers: Ansbach (Katterbach), 467-2103; Ansbach (Illesheim), 467-4576; Bamberg, 469-8832; Grafenwoehr, 475-7114; Hohenfels, 466-2401; Schweinfurt, 353-8384; and Vilseck, 476-2289.

Crime doesn't take vacations

by Robert Szostek

U.S. Army Europe Office of the Provost Marshal

MANNHEIM, Germany – Crime doesn't take vacations. That's why U.S. Army Europe crime prevention experts say you can never be too careful, prepared or aware.

Members of the U.S. forces community in Europe should be particularly cautious when they travel, the experts say.

"It's important to remember that tourists make tempting targets for thieves," said Lt. Col. Shawn J. Kelley, chief of law enforcement at the USAREUR Office of the Provost Marshal. Travelers who are lost or distracted, weighed down with bags, and carrying money and other valuables in obvious places, make great targets for thieves.

The best advice is to blend in with the crowd and look like the locals, OPM officials say. Don't let your dress, talk or mannerisms identify you as American or a member of the military. Carry inconspicuous baggage, not military bags or luggage with unit logos. Don't take uniform items or clothes with military designs with you.

Pickpockets are particularly active during the summer, OPM experts add, especially in major cities and in eastern and southern Europe. They stalk tourists and strike when their victims are vulnerable. "If anyone jostles, bumps or crowds you, a pickpocket may be in action," Kelley said. Thieves may also stage distractions by dropping something or causing

a loud commotion, and steal your belongings while you are distracted.

Pickpockets often offer to help their victims load bags on trains, taxis or buses to give the thieves an opportunity to steal something out of them. They may cut backpacks open and take whatever drops out.

Thieves watch potential victims buy tickets, food or other items at train and metro stations to see where victims keep their wallets or money. Don't make yourself an easy target, experts say.

Kelley said women should never sling purses or pocketbooks over their shoulders, because many items are plucked out of open purses. He recommended that women carry handbags or purses in front of their bodies, and that men place their wallets in a front pants pocket if possible.

Some thieves also target those who have had one too many in bars and clubs late at night, or take unguarded valuables while their owners are swimming or asleep or away from their seats on a train.

Kelley said it's best not to flash a lot of cash, and wise to not throw away receipts from credit card purchases or anything with an account number on it that a thief could use.

OPM officials said members of the U.S. forces community can contact their local provost marshal offices for more security tips or download National Crime Prevention Council travel safety pamphlets at www.ncpc.org/resources/files/pdf/traveling.

Users should exercise caution when 'liking' on Facebook

USAG Grafenwoehr Directorate of Information Management

News Release

FSH garrison and tenant organizations and users leveraging Facebook SNS Web 2.0 Technologies are advised not to click on any "Like" plug-ins.

The transactors of these exploits have malicious intent in the form of enticing SNS users to click on a malicious IFRAME (Clickjacking), e.g. hypertext link or .jpg image.

Attackers made sure that no matter where users click on the webpage, they will land on the hidden Facebook button and "infect" themselves by posting a message on their profile saying that they like this malicious site.

When another user clicks on that link, he or she will be taken to this webpage again and no matter where they click, will end up doing the same. If users close the window, nothing will happen.

Attacks such as this one have become increasingly popular lately, so be careful what you click on, whether it's on Facebook or not. Facebook users should be especially careful of all links, especially those that require them to click on something else to see the real content.

SNS users should be much more vigilant and on the lookout for multiple "Like Plug-in" variants of this type of exploit with malicious intent ranging from financial gain or identity theft to obtaining inside access into internal networks.

Visit our official U.S. Army Grafenwoehr Facebook page. Look up "U.S. Army Grafenwoehr" using Facebook's page search engine.

Bogus tourniquets endanger lives

by Steve Elliott
Fort Sam Houston Public Affairs

Counterfeit models of the U.S. Army’s Combat Application Tourniquet are available on the Internet and on the open market.

Using the counterfeits can be lethal and the Army considered this enough of a problem to send out a priority message April 14 sounding the alert on these bogus devices.

“While I haven’t seen any of these counterfeits in use, I have seen a few ordered by logisticians more interested in cutting costs than in quality control,” said Col. John Kragh, U.S. Army Institute of Surgical Research at Fort Sam Houston.

“The Combat Application Tourniquet is standard issue to all deploying Soldiers. It’s in each Soldier’s Individual First Aid Kit pouch.”

Kragh explained the Army’s concern with the counterfeits.

“The rod on the dummy tourniquet is bendable to a point where it cannot work right. It’s like bending Gumby’s arm,” he said. “The makers do not market the item ostensibly as a medical device, but they sell it and package it like a retail item.

“The danger is if someone mistakes the fake for a real CAT or a real medical device,” the colonel said. “That mistake could be fatal, since it cannot control bleeding.”

A tourniquet is used to cut off the flow of blood to a part of the body, most often an arm or leg. It may be a special surgical instrument, a rubber tube, a strip of cloth, or any flexible material that can be tightened to exert pressure.

In a case of bleeding emergency, a tourniquet is used to completely stop the flow of blood.

Meant as a temporary fix, tourniquets are not recommended to be used for more than 20 minutes at a time because of the danger of congestion and gangrene.

The message said that the Defense Logistics Agency knows the fake items are available for purchase through non-Department of Defense websites, and that authorized DoD procurement



Courtesy photos

The difference is packaging between the real Combat Application Tourniquet (left) and the counterfeit model (right) is obvious. The authentic tourniquet has a manufacturing date stamped on its packaging (bottom).

gateways will supply only the approved commercial part from authorized distributors.

If the counterfeits are found in any inventory, they should be replaced by the real thing and the counterfeit should be reported to that activity’s logistical supply office.

“It’s easy to get the right items using rou-

tine, professional supply channels,” Kragh said. “If other channels are used, then it’s easy to get the wrong stuff. It just takes a credit card and choosing the wrong online supplier.”

The message said the phony tourniquet was first encountered several years ago in a depot in Afghanistan and was thought to have been purged from the system. At that time, the item was of obviously inferior construction and recognizable as a counterfeit. Today, the product has been modified and is difficult to distinguish from the authentic CAT.

The Element Cat (E-CAT) is a very carefully made counterfeit CAT tourniquet, manufactured in Hong Kong for \$8.50 each. It was designed to look, feel and act like the real thing.

The authentic item has a National Stock Number of 6515-01-521-7976 and has a unit cost of \$27.28.

“The markings appear to be a copyright or trademark infringement, and that is why law enforcement has become involved in the investigation,” the colonel noted. “We have had a previous counterfeit CAT confirmed from the Middle East, but this was purged from the warehouses uneventfully a couple of years ago. This is one of the reasons why we should remain vigilant.

As to why anyone would purchase the fake one while the authentic item is available through Army supply channels, the colonel had a possible explanation.

“The ordering system is decentralized giving initiative to low-level supply persons who can order what they think is best. An unknowing person could easily think that they are ordering a Combat Application Tourniquet online for a good price, but getting one cheap from China is too good to be true,” Kragh said.

Information about the proper combat application tourniquet can be seen on the U.S. Army Medical Materiel Agency website (<http://www.usamma.army.mil/assets/docs/CAT.pdf>) under the category “Hot Topics.”

An information line at (301) 619-3548 is also available.

Managing stress reduces physical pain

by Lisa J. Young
U.S. Army Public Health Command (Provisional)

Warfare today means a military functioning in a war in which forces are stretched thin. For deployed active duty Soldiers, the continual stress of patrols, searches, training and the usual tedium of soldiering requires troops to manage their stress levels in a challenging situation. For family members, life brings another set of stress-inducing trials.

Stress can be very useful. Stress causes energy-pumping hormones to be released into the bloodstream, preparing the body to act in times of danger. However, many of the activities that cause stress in today’s world do not require a physical response; unfortunately, your body does not know that. The resulting muscle tension, increased heart rate, and intensified stress hormone levels can eventually produce body aches, headaches, digestive problems, sleep disturbances and fatigue. If ignored, chronic stress can affect a person’s physical health and steal his most precious resource — energy.

How can stress management help maintain energy and prevent physical pain? Having the ability to cope with the overwhelming demands for our time and attention is essential. If chronic stress is a factor in reduced energy or uncomfortable physical symptoms, try one or more of these suggestions.

- Stress-reduction techniques - Participating in therapeutic massage, progressive muscle relaxation, listening to music, relaxed breathing and meditation can relax muscles, clear away information overload, and reduce anxiety. These techniques have the added physical benefits of reducing heart rate, blood pressure and tension.
- Attitude - Having a positive outlook on life and not taking things personally can reduce stress. Let go of the things that you cannot change.
- Priorities - Setting limits and putting yourself in control of

how you spend your time is a good first step. Finding the balance among career obligations, family events, social activities and personal time is vital. Planning ahead helps avoid last-minute stressors.

- Exercise - Maintaining an exercise routine with aerobic activities and stretching can increase endorphins and relieve tight muscles, helping to reduce stress. The aerobic exercise should be vigorous, frequent and last at least 30 minutes. Participating in outdoor activities with friends is a fun way to keep fit and build supportive relationships.
- Water - Staying properly hydrated is essential. Since the body is mostly composed of water, it serves to carry oxygen, nutrients and glucose to cells providing energy, cushioning joints and fortifying muscles. Dehydration can leave a person mentally and physically drained.



- Sleep - Getting adequate rest and maintaining regular sleeping patterns are required. For most people a minimum of eight hours of sleep every day is needed to sustain a high energy level. Chronic stress robs, drains, taxes and sickens individuals if it is left unresolved. By participating in activities that work together to reduce stress, life’s problems can be viewed more realistically, and a person will feel more in control of managing them. Addressing chronic stress on a daily basis can help provide energy and restore perspective to keep going when life feels overwhelming. Behavioral health professionals, counselors and chaplains are great resources and can help adopt the stress-management techniques that will work best for each individual. Resources specifically related to stress and military members are available at the Deployment Health Clinical Center, Combat/Operational Stress, www.pdhealth.mil/op_stress.asp.
- Editor’s Note: Lisa J. Young is a health educator at U.S. Army Public Health Command (Provisional).*

Dental assistants are behind the scene heroes



Courtesy photo

Grafenwoehr Dental Clinic assistants display their certificates during a recent lunchtime awards event. From left to right are: Marion Holiman, Maria Agosto, Pfc. Claro Rockwell, Celia Rincon and Tammy Weiss.

by Ralinda Eatherington
Bavaria Dental Activity

Dental assistants are the unsung heroes in dental clinics and dental practices around the world. They accomplish many of the behind-the-scenes jobs that make every patient’s appointment flow safely and smoothly. Part of their responsibilities include, but are not limited to: sterilizing instruments, preparing the dental operatory, updating dental records and assisting the dentist throughout the dental treatment procedure.

They are active participants in patients’ safety and in the disciplined delivery of oral health care. Many of the dental assistants began their careers in dental assisting as Red Cross volunteers. As volunteers, they are not paid; however, they can acquire a skill set that will prepare

them for working in any dental practice. Dental Assistant Recognition Week was the week of March 7-13, 2010, and the Bavaria Dental Activity recognized these unsung heroes in many ways. Our team of professionals throughout Bavaria hosted breakfasts, lunches, bowling tournaments and an Easter egg hunt. Flowers, inspirational tokens and a variety of high-spirited competitions were held in the region in conjunction with this national theme week.

We recognize the many contributions that Dental assistants make to the clinic and to the health and wellness of our patients. The next time you visit one of our clinics, please take a moment to appreciate the services provided by these caring and dedicated professionals knowing that your well-being and safety is their principal priority.



Did you know that if you have a problem before, during or after your visit to an Army health clinic you can contact the patient advocate?

The patient advocate will assess the situation and ensure you get the care and treatment you deserve.

During the next few months, the Bavarian News will feature each of the 15 patient advocates in the Bavaria footprint.

To speak with a patient advocate directly, contact your local health clinic.

Illesheim Patient Advocates



Name:
Mishelle Pedersen

Clinic: Illesheim Health Clinic

Hometown:
Scio, Ore.

Position at the clinic: Certified Nursing Assistant

How long have you been there?
Eight months.

What do you enjoy most about your job? I enjoy the smile on a patient’s face when they leave the clinic and I know they received answers to their questions about their health care concerns.

What is the one thing patients should know about their health care? All information during a visit is private and will not be discussed outside their visit.

Why should patients come to see you? I believe each patient should be treated with respect and dignity. I deeply believe circumstances play a role in the way we react and interact. I will listen with compassion and keep an open mind when listening to issues.

Tell me something unique about yourself. I am fluent in Spanish.

• • • • •



Name: Capt. May Joyce Vertido

Clinic: Illesheim Health Clinic

Hometown: Waipahu, Hawaii

Position at the clinic: Clinic Chief Nurse

How long have you been there?
Two years, three months.

What do you enjoy most about your job? Working with patients and mentoring staff.

What is the one thing patients should know about their health care? Patients are in charge of their health. They have the power to make a difference. Patients must speak up and ask questions. Who better to tell about how they are feeling than themselves.

Why should patients come to see you? If they have concerns or issues. When they simply need someone to listen, take notes and help them communicate, understand and cope with an often confusing process.

Tell me something unique about yourself? I enjoy cooking and putting together video slideshows.

What's Happening

Grafenwoehr/Vilseck Briefs

IG captain wanted

The Joint Multinational Training Command inspector general is looking for a qualified captain to serve as a detailed Inspector General within the JMTC area of responsibility. Duties and responsibilities include conducting inspections, investigations and providing IG assistance.

For more, call DSN 475-7450 or 475-5555, CIV 09641-83-7450 or 09641-83-5555.

Freedom Bunco

Once again, The Zone Sports Bar on Rose Barracks is bringing you Bunco. Food, fun, prizes and friendly company will be waiting for you from 9 p.m.-1 a.m., July 7.

Load Securement Awareness

The U.S. Army Safety office will host a driver's Load Securement Awareness Briefing for all drivers transporting cargo, materials, supplies or equipment. Classes in English will be from 9:30-11:30 a.m. and in German from 1-3 p.m.

The course will cover techniques in properly securing a vehicle load. There will also be a practical exercise of loading a wheeled vehicle such as a 5-ton truck to travel 50-100 meters in a straight line.

For more, contact Michael Schwarz at DSN 370-7319 or e-mail michael.schwarz@eur.army.mil. The current dates and locations are below. For more visit the website www.fight-the-risk.army.mil/events.html.

■ July 13: USAG Grafenwoehr Gym, Bldg. 547

■ July 14: Bldg. 134, Rose Barracks. July 15: Hohenfels, Post Movie Theater, Bldg. 3

■ July 27: Ansbach, Bismark Kaserne, Theater, Bldg. 5844

■ July 28: Schweinfurt, Ledwards Bks, Theater, Bldg. 238

■ Sept. 29: Garmisch, Artillery Kaserne, Bldg. 253

Dental Assistant Training

The Dental Assistant Training program is designed for those without dental assisting experience and provides 62 hours of in-class coursework and 300 hours of chair-side training.

The program is open to military ID card holders who have a high school diploma or GED. Contact the Grafenwoehr or Vilseck Red Cross for details at DSN 475-1760/DSN 476-1760. The deadline for applications is July 14.

Army Family Team Building

Attention all current AFTB Instructors and Master Trainers. New requirements from DA require you to be an ACS trainer and take the three part training (basic, briefer, facilitator) to become a newly certified trainer. AFTB Level I, 9 a.m.-2 p.m., July 13-14 at Rose Barracks, Bldg 221, Room 207. For more, call DSN 476-2237, CIV 09662-83-2237.

Upcoming trips

Leisure Travel Services offers various day and weekend adventures. For more or to sign up, call DSN 475-7402, CIV 09641-83-7402 or stop by Main Post Bldg. 547.

■ Daytrips

July 10: Berlin

July 11, 18: Kaltenberg Festival

July 13: Porcelain Museum in Hohenberg "Porzellanikon"

July 17: Polish Pottery | Medieval

Fest in Nabburg

July 18: Dinkelsbuehl Kinderzeche

July 24: Annafest in Forchheim |

Salzburg Express

July 25: Two Castles | Bamberg

Antiques Mile

July 31: Eagle's Nest and Salt Mines |

Kulmbach Beer Week Festival

■ Overnights

July 9-11: Hamburg, Germany

July 17-18: Koeln (Cologne) during

the "Rhein in Flammen" Weekend

Aug 13-16: Warsaw, Poland – sign

up early!

Voyage to Book Island

Escape with us each week from 9:30-11 a.m. as we explore Book Island at USAG Grafenwoehr Libraries.

Pirates and Princesses

July 8: Main Post Grafenwoehr

Under the Sea

July 14: Rose Barracks

July 15: Main Post Grafenwoehr

Judy Sierra - Author Tour

Children's author and storyteller Judy Sierra is coming to the Main Post Library, July 20. Sierra will have a special reading for children from 5:45-6:30 p.m. and a reading with Q&A from 7-8 p.m. Join us for this very special event.

For more information, call your USAG Grafenwoehr libraries at DSN 475-1740 or DSN 476-1740 or go online: www.library.eur.army.mil. To view library pictures visit www.flickr.com/photos/grafilibraries.

Army 10-Miler qualifier

U.S. Forces Europe Army 10-Miler qualifier will begin at Grafenwoehr Physical Fitness Center, July 10. Preregister online at www.webtrac.mwr.army.mil/webtrac/Grafenwoehrretrac.html, or call DSN 475-7576/8207 CIV 09641-83-7576/8207 for more information.

Hohenfels Briefs

Vehicle training

A training session on securing loads for vehicle transportation will be given in support of the USAREUR Fight the Risk campaign. The training will demonstrate proper techniques for securing cargo and equipment prior to vehicular transport. There will be two sessions at the Post Theater, July 15, one in English at 9 a.m. and one in German at 1 p.m., lasting two to two and a half hours each. Call DSN 466-4626, CIV 09472-83-4626.

Czech it out in Prague

Join ITR on a day of adventure to one of Europe's most mesmerizing cities and discover why Prague is known as the Jewel of Europe. Tour the city, see the sights, walk the Charles Bridge and watch the Astronomical Clock. The bus will depart Hohenfels from Outdoor Recreation, Bldg. H15, at 5 a.m. July 10 and return to Hohenfels at 8:30 p.m. The cost is \$50 for all ages and includes roundtrip transportation. Seating is limited to the first 50 people. For more, call DSN 466-2060, CIV 09472-83-2060.

White water rafting in Czech

Experience white water rafting in the beautiful country of the Czech Republic, July 17. This is an express trip leaving in the morning and returning later that night. Participants must know how to swim and be at least 16 years old. The cost is \$95 per person and is limited to the first six people who sign up. For more, call Outdoor Recreation at DSN 466-2060, CIV 09472-83-2060.

Crystal & Asian dragon

Normally a wholesale-only outlet, this venue will have a special opening for this group and will offer wholesale and below-wholesale prices on crystal items, July 17. After an exciting time at the outlet, we will then venture into Cheb for some more shopping at the Asian dragon markets. The bus will depart Hohenfels from Outdoor Recreation, Bldg. H15, at 4 a.m. and will return at 10:30 p.m. The cost is \$65 per person which includes transportation. Passports are required. Seating is limited to the first 50 people. For more, call ODR at DSN 466-2060, CIV 09472-83-2060.

Vienna, Austria

Visit the beautiful city of Vienna for a one-day tour, July 17. Go shopping on one of Vienna's longest shopping streets, Mariahilfer Strasse, where you can find glassware, crystal, porcelain figures, Austrian dolls and traditional woolen coats, loden.

Another Viennese specialty is petit-point hand embroidery found on handbags, brooches and powder cases. The antique shops and secondhand bookshops of the city center are packed with pictures, paintings and books. The bus will depart Hohenfels from Outdoor Recreation, Bldg. H15, at 4:30 a.m. and will return at 9 p.m. The cost is \$70 per person, which includes transportation. Seating is limited to the first 50 people. For more, call ODR at DSN 466-2060, CIV 09472-83-2060.

Bunco

Win great prizes, meet new friends and sample great food and beverage specials at Bunco night at the Zone, July 23. The cost is \$10 per person which includes a light buffet. The doors will open at 5:30 p.m. and the game will start at 6:30 p.m. Registration is recommended. Prizes will be given for most losses, most wins and most buncos. Sign up online at <https://webtrac.mwr.army.mil/sites/eu.html>, or for more, call DSN 466-2060, CIV 09472-83-2060.

Texas Hold'em

Go all in at this month's Texas Hold'em night at the Zone, July 23. The registration fee is \$25 and will include a light buffet. Registration is recommended. All customers can register at Outdoor Recreation, Bldg. H15, or online at <https://webtrac.mwr.army.mil/sites/eu.html>.

The doors will open at the Zone at 5:30 p.m. and the game will begin at 6:30 p.m. There will be unlimited re-buys until 9:30 p.m. For more, call DSN 466-2060, CIV 09472-83-2060.

Dresden, Germany

Explore one of Germany's most interesting cities with ITR, July 31. The bus will depart Hohenfels from Outdoor Recreation, Bldg. H15, at 4:30 a.m. and return to Hohenfels at 9:30 p.m. The cost is \$70 per person and includes roundtrip transportation. Seating is limited to the first 50 people. For more, call DSN 466-2060, CIV 09472-83-2060.

Story time and puppet show

Children ages 2-8 are invited for stories and sing songs about America, July 20 at 10 a.m., followed by a puppet show.

For more, call 466-1740, CIV 09472-83-1740.

Garmisch Briefs

Unless noted, all events meet at the Pete Burke Center. For more on any of these FMWR trips, contact the Garmisch Outdoor Recreation Alpine Experts at DSN 440-2638, CIV 08821-750-2638. Signup using the Garmisch MWR Online Services at <https://webtrac.mwr.army.mil/webtrac/Garmischretrac.html>.

Munich in the Third Reich

July 9-10: After an overview on the July 9, we recreate the Bier Hall Putsch as it happened in 1923, visit the site of the Munich Accords and explore other places associated with the Nazi movement. This is an extremely interesting tour, somewhat like examining an urban battlefield. Lots of walking all day, so wear comfortable shoes. Cost: \$35.

Jousting

July 10: Experience the largest medieval festival and jousting tournament in the world. This is a special night performance of the Kaltenberg Tournament (not suitable for children) with amazing stunts and spectacular pyrotechnics. Trip includes a two-course dinner and beer sampling session at the Schlossbrewery restaurant. Departs at 2 p.m. Cost: \$109.

Prague Weekend

July 16-18: Prague is on the top 10 of places to visit in the old world. Daytime tour Saturday and a fair amount of free time, plus a special guided tour of the Franz Kafka museum as well. Cost: \$270.

Chiemsee

July 17: Germany's largest lake with two ethereal islands floating in the middle is one of Bavaria's most beautiful places; one island is home to "Mad King" Ludwig's mini-Versailles, the

other home to a Benedictine convent and cozy fishing village. A perfect summer day trip. Departs at 8 a.m. Cost: \$49.

Kaltenberg Kids Tourney

July 18: This daytime performance of the largest medieval festival and jousting tournament in the world with amazing stunts and spectacular pyrotechnics is suitable for all ages. Immediately after the Knight's Tournament finishes, the Kid's Tournament begins! Departs at 9 a.m. Cost: Adults \$89 and children \$69.

Venice

July 23-25: Two nights in the Vicenza area. We spend all day Saturday in Venice seeing great art, architecture, pigeons in St. Mark's Square, gondolas, and good places to eat! On Sunday, we visit Verona, the Romeo and Juliet city, with its great Roman arena and a wonderful restaurant. Cost: \$290.

Zugspitze

July 24-25: At 2,966m, Germany's highest peak is 2,200 meters higher than Garmisch! We will get there in two days. Starting at the Partnachklamm, we hike up through the stunning Reintal Valley. We will stay at the Reintalangerhütte, in the morning we will be serenaded with Zither music! Sunday we climb to the Zugspitzplatt glacier. Get a great lunch or scale the harrowing "Klettersteig" to the cross. (This trip is repeated Sept. 11-12) Cost: \$149.

Schachen Overnight

Aug. 28-29: Overnight hike to the Schachen, the king's house built by Ludwig II of Bavaria and the least known of his palaces. Often described as a hunting lodge, Ludwig never used it for this purpose, instead utilizing it for birthday and anniversary celebrations. Cost: \$149.

Urbino Long Weekend

September 3-6: Visit Urbino, a true Renaissance jewel and birthplace of Raphael and Bramante. See the ducal palace, commonly regarded as one of the best structures from the Renaissance period. Visit Perugia; home of some wonderful chocolate confections, take in the magnificent views (the main thoroughfare is grand and stylish) and the see wonderful architecture. Cost is \$475.

Top Chef Garda See

October 8-11: Three nights on the lakeshore in beautiful Torri del Benaco with two days of cooking classes in a villa overlooking the lake plus wine tasting. Monday is market day - we head home stocking up on goodies and visit some vineyards on the South Tyrol Wine Road. A foodie extravaganza! Departs 5 p.m. Cost: \$575.

The latest
BLING
for fuel card abusers

Get yours today -- abuse or misuse your fuel ration card!

An Esso fuel card can only be used to put fuel in the vehicle for which it was issued, by the registered owner of that vehicle. Transferring or selling fuel rations is punishable under the Uniform Code of Military Justice, civilian employee misconduct policies and German law.

For more on fuel card policies, go to:
www.aafes.com/germanyfuelcard

GRAFENWOEHR/VILSECK ARMY COMMUNITY

TECHNOLOGYexpo

DISCOVER SOLUTIONS FOR EVERY MISSION

HOSTED BY: 69TH SIGNAL BATTALION

Monday 26 July

1000 – 1400

USAG Multi-Purpose Center

Vilseck, Building 134

...OVER 50 EXHIBITORS!

Please visit
www.FederalEvents.com
to Pre-Register and view a list of Exhibiting Companies!

What’s Happening

Ansbach Briefs

World Cup on AFN

American Forces Network has been granted permission to distribute the 2010 FIFA World Cup.

Armed forces stationed outside the U.S will have access to AFN’s schedule of the entire calendar of 64 matches through July 11.

AFN distributes the 2010 FIFA World Cup South Africa exclusively onAFN|sports and AFN|extra. For AFN’s complete schedule, logon to www.myafn.net.

Vacation Bible School

Ready for the voyage of a lifetime? The High Seas Expedition Vacation Bible School will be held at two locations:

- Storck Chapel, July 12-16, from 3-6 p.m. Register online at www.groupvbspro.com/vbs/ez/IllesheimVBS
- Katterbach Chapel, July 26-30, from 1-4 p.m. Register online at www.groupvbspro.com/vbs/ez/katterbach, or stop by your local chapel office to register.

Questions should be directed to the director of religious education, USAG Ansbach chaplain ministry team at DSN 467-3082, CIV 09802-833-082.

Off post housing referral

The off-post housing referral office is currently short-staffed. If you need off-post assistance, call DSN 467-3415 to set up an appointment. Walk-ins will be assisted after appointments are seen.

Education Center hours

For the month of June, all education centers will only offer testing services on Tuesdays and Thursdays. However, during the month of July, testing services are extremely limited and will rotate among the education centers within the footprint.

The testing schedule for July is as follows:

- Katterbach: July 1-14; 8 a.m.-4 p.m.
- Ledward: July 12-20; 8 a.m.-4 p.m.
- Bamberg: July 21-29; 8 a.m.-4 p.m.

Soldiers should contact their local education center to schedule an appointment for testing during the above dates and times. Soldiers have priority for all testing services.

College proctoring services, family members and other civilians are strongly

encouraged to look into alternate proctors for college testing.

Army Education Centers will be able to provide counseling services by appointment only. Note: Counseling services are extremely limited on Fridays and training holidays.

All education centers are closed on federal holidays. Army Education Centers will continue to provide as many of the usual services as funding constraints permit.

Contact your local Army Education Center for more information.

- Ansbach (Katterbach): DSN 467-2817, CIV 09802-83-2817.
- Storck Barracks: DSN 467-4272, CIV 09841-83-4272
- Bamberg (Warner): DSN 469-7715, CIV 0951-300-7715.
- Schweinfurt (Ledward and Conn): DSN 354-6919, CIV 09721-96-6919.

Super Plus gas

The Illesheim AAFES gas station now sells super plus gasoline. This adjustment was made to enhance their level of customer service based on customer requests. This will eliminate the need to drive to Katterbach for super plus fuel.

Frogs galore

The Bruecken-Center is hosting a colorful frog exhibition with amphibians from all over the world; stars of the exhibit are exotic poison frogs from South America, bright red “strawberry frogs” and the “frog nursery” with display cases looking like the rain forest, decorated with orchids, murmuring brooks and small ponds. The exhibition is open Mon-Sat, from July 5-17.

Klassik Open Air

July 25 and Aug. 7, starting at 8 p.m.

In the year 2000, Nuremberg celebrated its 950th anniversary with open air classical concerts in the Luitpoldhain. This was one of the nicest birthday presents the city gave to its citizens.

Meanwhile, these concerts continue still today with fabulous performances from both the Nuremberg Philharmonic and Nuremberg Symphonic orchestras — a fixture in the summer calendar of events.

Twice a year, over 50,000 music fans of all ages and from all walks of life, wander out to the park in the summer, for the classic open-air and a picnic in the park. This is a free event at the Luitpoldhain, in Nuremberg.

Bardentreffen

July 30-Aug. 1, (singer songwriter festival) in Nuremberg. Every year,

Germany’s biggest world music and singer songwriter festival attracts over 200,000 visitors to Nuremberg during the first weekend of the Bavarian summer holidays.

For three days, this classic free outdoor festival offers an exciting musical program on seven stages, featuring international musicians, both famous greats and interesting new discoveries. For more, visit www.bardentreffen.de/english.

Tucher Spectaculum

Aug. 6-8, Tucher Spectaculum (Tucher Knight Games). Catapult straight into the middle ages when you venture into the Nuremberg city moat at Hallertor! Merchants, craftsmen, travelling entertainers, beautiful handmaidens, witches and villains mingle on this colorful market place, taking visitors on a journey back in time. Knights’ tournaments held on all three days are the highlight of this extravaganza.

Schweinfurt Briefs

Community and contact info

For more information on the latest news, upcoming events, available services and resources, or to find the right point of contact for your concern, visit us at www.TeamSchweinfurt.com.

Beginner’s Swim Course

Many children love playing with water and being in water. While swimming pools are great fun in summer, parents should also be aware of the risks. Children who are able to swim are by far less endangered to drowning.

To teach children swim properly and train them for safe water fun, SKIES offers another two weeks beginner’s swim course for children of the ages 5 to 12 at the swimming pool in Schonungen, starting July 12. The cost of \$89 covers the complete two-week course with eight meetings.

For more, call DSN 354-6414, CIV 09721-96-6414.

Community Blood Drive

The next community blood drive will be held at the Finney Fitness Center, July 14, from 9 a.m. to 3 p.m. Donate and save a life. The event is hosted by the 44th Expeditionary Signal Battalion and the 15th Engineer Battalion.

For more information on how to donate, call DSN 354-2738, CIV 09721-96-2738.

Trip to the Stuttgart Zoo

Sign up now through July 14 at the Finney Recreation Center for a trip to the Stuttgart Zoo, July 24.

Enjoy the only zoological botanical garden in Europe which once was a private retreat for a king.

For more, call DSN 353-8476, CIV 09721-96-8476.

Super Saturday Child Care

Register now through July 16 for the next Super Saturday, July 24, 9:30 a.m. to 2:30 p.m. Children must have current CYSS registration and immunizations at time of reservation.

For more, call DSN 354-6517, CIV 09721-96-6517.

ODR trips & programs

Outdoor Recreation offers various trips and programs for all community members. Join their trip to the Was-serkuppe, seeking history at the cold war and outdoor museums, ride a unique rollercoaster and explore the Kreuzberg monastery and their famous beer, July 10, or visit the Castell Castle Winefest with them and Savor royal wines on the picturesque grounds of a Baroque-era castle, July 18.

Don’t want to wait until the next trip? Ready for some outdoor fun right away? Try Redball every Tuesday through Friday from noon to 2 p.m.

For more, call DSN 353-8080, CIV 09721-96-8080.

CYSS Summer Programs

Child, Youth and School Services offers various free youth programs throughout summer. Register by July 12 for the High Adventure Edge, July 19-23, to enjoy climbing, geo caching and mountain biking or sign up until July 19 for the next Picture Schweinfurt

Edge, July 26, and take your best shot of the animal park to be published in the Zeen Magazine.

The next Bowl-Bat-Pizza Marathon Edge is scheduled for July 27-30 and you will have to register until July 20 to participate. All programs are scheduled from 3 to 5 p.m. and open to youth grades 6-12. Each program begins and ends at the Youth Center and transportation is provided.

For a complete list of events or to sign up, call DSN 354-6414, CIV 09721-96-6414.

Summer Rock & Roll camp

CYSS’ Summer Rock & Roll Camp offers a variety of activities including fun fieldtrips between June 21 and Aug. 27, with weekly changing themes like Safari Weeks or Music-Movie Week and much more.

Children from kindergarten up to fifth grade meet at the School Age Center, youth from grade six to 12 at the Youth Center. Parents can register their children on a weekly basis.

For rates, the complete schedule and more details, call DSN 354-6414, CIV 09721-96-6414.

BOSS events & special trip

The award-winning Better Opportunities for Single Soldiers program offers numerous programs monthly. Join them for a movie night Tuesdays at 6 p.m. Bring your own movie, or watch one from their collection. Show your skills in pool, Xbox, Wii, PS3 and more and compete in the BOSS Tournament Nights, every Thursday starting at 6 p.m.

The next BOSS meeting will be held July 14 at 2 p.m., followed by a Single Soldier Dinner at 6 p.m. All events are held at the Finney Recreation Center on Conn Barracks, Bldg. 64. Furthermore, register now for a special BOSS trip to Berlin and experience Tropical Island, July 9-11.

For more information or a complete list of upcoming events, call DSN 353-8234, CIV 09721-96-8234.

Free Fitness Classes

Kessler Fitness Center offers free fitness classes throughout June and July, including Bootcamp Spinning, Tuesdays and Thursdays at noon; Circuit Challenge, Tuesdays and Thursdays at 3:30 p.m.; Spinning, Wednesdays at 6 p.m.; Pilates, Tuesdays at 6 p.m. and Wednesdays at noon; and Power Yoga, Thursdays at 6 p.m. Pre- and Post-Natal Fitness is available upon request.

For more, call DSN 354-6735, CIV 09721-96-6735.

Meet author Judy Sierra

Award winning children’s author and storyteller Judy Sierra visits Ledward Library, July 21from 5:45 to 8 p.m. Everyone is invited to attend the readings and talk to the author personally.

Also, Ledward Library offers various programs regularly. Enjoy Children’s Story Time & Crafts every Wednesday at 1 p.m. or join the Zeens for Teens & Edge Meetings, Wednesdays from 6-7 p.m. A Soldier In-Processing class is held every Wednesday at 9:30 a.m.

For more, call DSN 354-1740, CIV 09721-96-1740.

Library Book Club

The Ledward Library invites you to the next meeting of their adult book club, June 28, at 5:15 p.m. The book title is “Freakonomics” by Steven D. Levitt. Coffee, tea and treats will be served.

For more, call DSN 354-1740, CIV 09721-96-1740.

Teen Summer Stress Buster

ACS hosts a special Teen Summer Stress Buster for youth ages 13 and up, July 29, from 9 a.m. to 3 p.m. at Kessler Field. The program offers mini-workshops discussing subjects as healthy relationships, a hands-on self defense class and more.

The free program also includes a free barbecue lunch and outdoor fun activities, like a climbing wall, a dunking tank and a sticky wall. Teens can register on site.

For more, call DSN 354-6933, CIV 09721-96-6933.

Vacation Bible School

Register now until July 18 for Ledward Chapel’s vacation bible school, running Aug. 8-12. The event is open for youth ages 4 to 10. Youth and adult volunteers are needed, training will be provided July 20 and Aug. 3.

For more information on signing up or volunteering, call DSN 354-96-6860, CIV 09721-96-6860.

Apologetics – Defending God

Ledward Chapel offers a special adult seminar and also a children’s program for first- to fifth-grade, Aug. 23-25. Both programs are free and include lunch. Free child care for children 4 years and under is available, but must be reserved prior to the event.

For more on the adult program, call DSN 354-6021, CIV 09721-96-6021, for more on the youth program and to make your reservation for child care, call DSN 354-6860, CIV 09721-96-6860.

USAG SCHWEINFURT'S SECOND ANNUAL

World of Wheels

car show



July 4

KESSLER FIELD

Registration

8 a.m. - 12 p.m.

Show Begins

12 p.m.

Judging Ends

6 p.m.

Awards Ceremony

7 p.m.

AWARDS

Best Classic (pre 1990) • Best of Show • Best U.S. Modern • Best Import • Best European Modern • People's Choice • Commander's Choice • Best Audio Install • Best SUV/Truck • Distance Traveled • Best Motorcycles

FOR MORE INFO, CONTACT THE AUTO SKILLS CENTER AT DSN 353-8224/09721-96-8224.

Rock & Roll Summer Camp



U.S. Army Child, Youth & School Services

Day Camp for Kindergarten-Grade 12

Now through August 27

SIGN-UP INFO:

Children/youth must be registered with CYS Services.

Ask about summer camp fees, weekly schedules, etc.

USAG SCHWEINFURT

Parent Central Services

Mon-Fri, 8 a.m.-5 p.m.

09721-96-6517/354-6517

Field Trips • Sports • Music • Movies • Friends

Mallorca

Island's attractions appeal to all types of tourists



View from the Pelicano apartments in Cala Major, about five kilometers and only a one euro bus ride from downtown Palma. When lodging in Mallorca, stay outside the island's capital, Palma, but just close enough to take advantage of its cheap and efficient public transportation system.



Modernista building of Banco de Soller, one of the town's landmarks. Architecture and old buildings like these speckle the town's landscape. Soller, a tram ride away from Port de Soller, offers solace from the beach mayhem near Palma.



Warm, lazy days and steamy nights make this island a perfect romantic getaway

Story and photos by
Nathan Van Schaik

USAG Schweinfurt Public Affairs

Mallorca, about the size of Rhode Island, is the largest island in the Balearic archipelago situated off the east coast of Spain, graced with warm Mediterranean sunshine and tempered by cool ocean breezes. Its landscape — ranging from limestone caves to gnarled moonscape all the way back to white sand beaches — is as diverse as its shopping, nightlife, cuisine and historical sight-seeing. The island appeals to all tastes and offers something for everyone year-round.

Travel to Mallorca is easy, especially from Germany. Because the island has been one of the most popular destinations for British and particularly among German tourists, flights from Germany tend to be cheap. Flights to Mallorca from most of the major airports out of Germany take no more than two hours and tickets and deals are offered year-round at most travel agencies. The travel agency at your garrison is likely to offer deals particularly during the spring.

Arrive in the southern portion of the island in Palma, the island's large-

Old Town in Palma is a respite from the sun and the city's vast shopping district. It's a night-life magnet for the island's more laid-back inhabitants and expats. Seek out the best tapas bars here by looking for a place that looks old, woody and perhaps uninviting.

est city, and be sure to have rooms booked in advance. Cheap lodging can easily be found within city limits, but stay outside the area to avoid crummy hotels and tightly packed buildings too far from the beach. Travel too far outside Palma to bed down and you risk isolating yourself from the island's capital — a virtual nerve center offering public transportation all around the island. Park it in Cala Major, Palma Nova or Sant Agustí, all great beach resorts within a 10-kilometer radius of Palma, but just close enough to the cheap bus routes both outbound and inbound to the city's center. Clothing seems to be optional at most beaches.

To escape beach mayhem and your modern surrounding, head north to Soller. Beaches are more infrequent but the scenery is easier on the eye. Here, you'll be teleported back in time to 18th century houses, cobblestone streets, outdoor cafes and assorted shops. Be sure to pick up cheap knock-knacks like jarred Mallorcan olives, garlic and spices to mail back home as gifts. Buses from Palma to Soller depart frequently and travel through Valldemossa, another quaint village great for afternoon aperitifs or bottles of red wine, Spain's pride and glory. From Soller, take the 15-minute San Francisco-style tram to Port de Soller and enjoy the fresh seafood and a bowl of gazpacho, a cold tomato-cucumber soup.

Water sports are common along the perimeter of the island as the warm climate lends itself to ideal conditions for sailing or riding jet skis. Dive shops tend to be concentrated in the southwest corner of the island, but, although most convenient to get to, by no means does the

area necessarily provide the best sea life and shipwrecks.

While Mallorca has become a haven for European tourists taking advantage of their four-week, paid vacations, much of the island remains untouched. You'll most likely want to take advantage of the cheap rental cars or scooters offered near some of the touristy sections in or around Palma. Don't hesitate to haggle prices with rental dealers. From Palma, head north until you hit the coast line and continue northeast driving toward Sa Calobra, one of the island's best kept secrets. Sa Calobra, about an hour drive from Palma, is often identified as

Don't expect five-star service at restaurants in Mallorca. Chill out and tap into the collective mood of nonchalance.

an overcrowded tourist haven. And for the most part, it is. But park the car, avoid the obvious tourists traps, explore the canyons and you'll easily discover secluded breathtaking hamlets ideal for romance.

Cuisine in Mallorca is varied. But the island is not the place to venture out on international flavors like Chinese, Mexican or Indian. Stick with the regional food, which is by far the best the island has to offer. Most restaurants serve tapas, which are small portions of just about anything the chef can concoct. For many, this may come across as a paradise of options to include meats, fish, veggies, cheeses, olives and sauces. Anything with goat cheese is sure to please while padron peppers — mild green chilies salted and fried over an open flame — are a seasonal favorite during the summer months. If you're uncertain what to order, opt for the calamari or paella (without squid's

ink). To narrow down the selection of tapas bars (not to be confused with topless bars), choose a place that looks old, woody and perhaps uninviting. Don't expect five-star service at restaurants in Mallorca. Chill out and tap into the collective mood of nonchalance.

The Mallorcan red wines, along with those imported from the Spanish mainland, are cheap and arguably hold up to the best French wines. The reds go well with most foods, though many prefer the Estrella Galicia, the island's cheap and refreshing beer, to cope with the dry heat.

If you're more in the mood for boozy nights at wall-shaking clubs, coupled with perhaps some of the most beautiful people on the planet, Ibiza — the club mecca of the Mediterranean — is only a ferry ride away. Ferries depart for Ibiza from Palma every day. However,

you don't have to leave Mallorca to enjoy spectacular nightlife. Explore the road Av de Gabriel Roca west of Palma, which is a long strip of clubs and bars along the ocean front and the epicenter of yuppie nightlife. If you prefer something less upbeat, hit up Old Town in Palma where you're likely to meet grizzled one-eyed Danish sailors telling stories to tipsy senoritas. People watching is one of the island's greatest appeals.

Finally, one last note: The Spanish spoken language is different from what you may use in the United States, or what you learned in high school. Rather, the Castilian dialect is lispy, loose and a bit lazy with the tongue — fitting for the island's lazy summers, long siestas, noon-time sangrias, disregard for clothes and sleepy afternoons on the beach. Speak only English? Don't worry. No one cares.

Community needed to help conserve resources

The last in a three-part series about environmental management at U.S. Army Garrison Hohenfels

Small, daily changes add up in the long run

Story and photos by
Kristin Bradley
USAG Hohenfels Public Affairs

Like any other habitat, the U.S. Army Garrison Hohenfels community is a complex system; a system that many people, plants and animals use for different purposes, from troops who train at the Joint Multinational Readiness Center and the families who live on and off post, all the way to the endangered yellow-bellied toad that finds a safe haven inside the training area.

To help synchronize that activity, the garrison has a team of professionals at the Directorate of Public Works that strives to balance the needs of all those different populations.

Not only does the DPW oversee the environmental health of the training area's wildlife and monitor the use of hazardous materials to prevent potentially dangerous environmental accidents, it also is in charge of monitoring the use of natural resources such as water and energy.

DPW staff said they are constantly working to find ways to decrease unnecessary consumption to both limit the community's environmental impact and to maximize the efficiency of the garrison's financial resources.

According to garrison officials, wasted resources such as energy, heat, water and improperly disposed of waste bleed the garrison of funds that could be used for other community projects.

The DPW has been working on both low-cost, short-term solutions, many of which have already been implemented, and long-term solutions to conserve as much as possible. However, officials said they also need the help of the community to lower the use of natural resources to save money and create a cleaner environment.

Hohenfels' consumption figures are about average when compared to other garrisons but could be much better if each Soldier, unit, employee and family member worked to control his own usage, said DPW officials.

For example, in fiscal year 2009 the garrison spent a total of \$9 million on heating and electricity for on- and off-post facilities and living quarters, an unnecessarily high number, according to Paul Hlawatsch, chief of DPW's Mechanics Section, Utilities Branch, Operations and Maintenance Division.

"If everybody would be aware and reduce their consumption we could do much better," said Hlawatsch.

He estimated that the community could reduce its energy consumption by up to 20 percent if each individual eliminated unnecessary usage.

Hlawatsch said though technological advances such as sensors that automatically turn off lights when a room is unoccupied have been a big help in the fight to save energy, technology alone will not sufficiently lower consumption. New technology

is also expensive and takes years to acquire and install, while simple personal responsibility could help lower costs now.

"The best technology in the world doesn't help us if we don't talk to the customer; he's the energy consumer and we need to be together on one team. It is very important for us to have everyone on our side," said Hlawatsch.

Hlawatsch said each person can help lower consumption by taking simple actions, including unplugging unused chargers and appliances, turning off lights when a room is unoccupied and using Energy Star compact fluorescent light bulbs instead of incandescent bulbs. (Authorized users of Self Help, located in Bldg. 742 across from the commissary, can trade in their used light bulbs for energy saving bulbs.)

Building coordinators throughout post can also be a big help by telling DPW when a building is not in use so energy and money are not wasted to heat and light the building.

Cooling and heating are other major sources of energy consumption and Hlawatsch said those numbers could also be easily lowered in the summer by using curtains and ventilation to keep rooms cool.

The use of permanently installed air conditioning, portable air conditioning units and space heaters, all of which use large amounts of energy, is prohibited by Army regulations in government and government leased quarters, according to Hans Motzer, DPW housing chief. Exceptions may be granted by either the DPW director or the garrison commander, depending on the request.

In the winter, customers should consider lowering the thermostat by a degree or two. According to Hlawatsch, reducing a room's temperature in the winter by just 2 degrees Fahrenheit could reduce the amount it costs to heat that room by 6 percent.

"Do you feel the difference between 72 degrees and 70 degrees? I don't think so, but changes like that make a big difference," said Hlawatsch, adding that those small things create big payoffs for the bottom line.

"We won't reduce their comfort, just reduce our energy consumption and that means more money we can spend on other services to increase their comfort. Army family housing projects could be initiated, it leads to a better environment — there are a lot of aspects," said Hlawatsch.

Water conservation

Water is another precious environmental resource the garrison is working to conserve.

In fiscal year 2009, on-post facilities and housing used almost 380,000 cubic meters of water, costing more than 250,000 euros, according to Harald Schramm, chief of DPW's Operations and Maintenance Division, Sanitation Division. The cost of water for off-post housing areas brings that total even higher.

"At Hohenfels we are lucky to have our own wells so we don't pay for the water itself, but it costs money



After removing Styrofoam and disposing of it separately, Chief Warrant Officer 4 Robert Stone disposes of cardboard into the correct container at the Sort Facility, June 28. Properly sorting disposables is crucial to reducing waste and is the responsibility of each Soldier, family member, civilian and unit. For a detailed list of the recycling guidelines for your community, visit Self Help, Building 742.

to pump it, filter it and get it where it needs to go," said Schramm.

Schramm said customers can help reduce their consumption by reducing the amount they use to wash their personal vehicles, not washing dishes under running water, taking a shower instead of a bath and implementing other small daily changes.

Schramm also said customers should remember that every contribution matters. There are many different reasons people need to consume water, whether it is a unit that needs to wash its tanks or a family that needs to wash laundry, but every single ounce of water saved during those activities adds up quickly.

"All missions need to be accomplished; washing tanks, clothes, your car. The question is not 'does it need done' but 'did I do everything I can to save as much as possible.' If we're not all working on saving together it won't get better," said Schramm.

In addition to increasing awareness about how to conserve water, Schramm said he wishes he could increase awareness among the community about how important it is to properly sort trash.

Schramm said the 4,100 metric tons of waste the garrison recycled in fiscal year 2009, almost 70 percent of the total 6,000 tons of waste produced, is a good number, but like all others, could be better.

The garrison, or the town in the case of off-post housing, is responsible for picking up trash, but it is up to individuals to sort their own recycling

and ensure it reaches the appropriate facility, said Schramm. That includes all units and offices on-post.

"This is not just something we need to do for the environment (to limit how much trash ends up in landfills), but it is also mandated. On and off post, if you don't sort your trash correctly it won't be picked up. Off post you can even be fined," said Schramm.

Part of cutting down on waste includes preventing it in the first place. Schramm said he encourages people to think about reusing items instead of buying new and reducing the amount of waste by using multiple-use products instead of disposable, such as using a cloth towel instead of paper towels or bringing your own cloth grocery bags to the store instead of wasting new plastic ones each time.

At Army and Air Force Exchange Service facilities, customers now receive five cents off their purchase when they bring their own bags.

For disposing trash, Schramm said customers must follow the sorting guidelines for their specific county as each one has slightly different requirements. Self Help has handouts detailing each county's sorting requirements and can also provide customers with the trash pickup schedule for their housing area or community.

Both Schramm and Hlawatsch said convincing customers to conserve natural resources can be difficult because there is little monetary incentive for the customer when the Army is picking up the tab. However,



Chris Koivisto lowers the blinds in his office to block sunlight and keep the room cool on a warm afternoon. Cooling and heating tasks use energy and money that could be used for other garrison projects. Use simple measures like keeping windows open in the morning and lowering blinds in the afternoon to help reduce your energy needs.

the garrison needs every customer's help to rein in costs and promote a clean environment.

"One benefit leads to the other and our awareness of keeping the earth in a good environmental condition is a responsibility we have for ourselves and for our children as well," said Hlawatsch. "If you use your energy wisely everybody is a winner, and wouldn't it be a great feeling when that leads to reduced consumption, which reduces costs and leads to a better environment," said Hlawatsch.

Conserving our natural resources

Heat and air conditioning

- Building coordinators should update/limit the building's heating or cooling schedule to the minimum need of the facility mission and inform DPW.
- Units should report unoccupied facilities to DPW for reduction or shut down of heating or cooling.
- During heating or cooling season, keeps doors and windows permanently closed.
- Turn off radiators or cooling units when rooms are unused or unoccupied.
- Don't operate portable air conditioning units, which are prohibited by Army regulations in government and government leased quarters.
- Keep windows open in the morning and blinds drawn in the

daytime to cool rooms.

Electricity

- Don't operate electrical space heaters, which are prohibited by Army regulation in government and government leased quarters.
- Units should report unoccupied facilities to DPW for shut down of lighting.
- Turn off interior lights when rooms or areas are unused or unoccupied.
- Turn off manual exterior lights during daytime and when not needed.
- Turn off unused electronic devices such as computers, monitors, televisions and domestic appliances. Avoid electrical consumption due to standby mode.
- Unplug unused electrical devices such as refrigerators and freezers.

- Use compact fluorescent light bulbs instead of incandescent bulbs.

Water

- Take a shower instead of a bath.
- Keep the faucet closed when brushing your teeth, washing your face or shaving.
- Make sure to repair defective faucets or defective flush tanks immediately.
- Do not wash dishes under running water.
- Always use the saving modes of dishwashers and clothes washers and dryers.
- Start washers, dryers and dishwashers only when completely loaded.
- Water plants only with collected rainwater.
- Do not water your lawn (after a

longer drought period, the grass will green again after only a few days of rain).

- Water plants only in the evening. Too much water evaporates during the day.
- Waive frequent car washing and wash cars only at designated wash facilities. Do not use hot water for car washing.

Recycling reminders:

- Refuse avoidance is always the most effective way to decrease waste. Bring your own bags to the store, and use reusable instead of disposable bottles.
- Before tossing it in the trash, try to find another use for it. Turn unbearable clothing into cleaning rags; use old food containers for storage;

- and keep newspapers for packing material.
- Separate clean paper (newspapers, cereal boxes, office paper), biowaste (food scraps, coffee grounds), recyclable materials (metal cans, plastics) and glass (separated by color in some counties) from regular trash (dirty recyclables that cannot be washed, diapers, personal hygiene items, crystal, porcelain, pottery).
- Bring household hazardous waste to either the sort facility or Self Help. This includes light bulbs, aerosol cans, freezers, cleaner, cooking grease/oil, polish, paint, batteries, turpentine and varnish.
- For a more detailed list of recycling guidelines, visit Self Help in Bldg. 742.

Hohenfels course challenges series riders

Story and photo by
Kristin Bradley

USAG Hohenfels Public Affairs

A slippery and technical course at U.S. Army Garrison Hohenfels tested mountain bike riders from throughout Germany during the fifth race of the 2010 U.S. Forces Europe Mountain Bike Series, June 19.

Though days of rain and an already difficult course made for a tricky ride, cyclists said because Hohenfels is known as one of the most challenging courses in the 11-stop series, they came looking for a challenge.

"It was pretty hard, very muddy and wet. It was pretty much a suck-fest out there," said Angie Koppa, a 36-year-old rider from Grafenwoehr who finished first in the women's overall category with a time of 1:58:56 on the women's three-lap, 20-kilometer course. "This was much better than some other races we've been to. It was definitely a challenge to me."

"Hohenfels consistently puts on one of the best races," said Koppa's husband Justin, who is also a cyclist and rode the Hohenfels course last year.

Joe Peterson, a 41-year-old rider from Illesheim, finished first in the men's overall category at 1:57:40 after the men's four-lap, 26.2-kilometer race. Peterson also said the course was gratifyingly difficult.

"It was slick and pretty technical. There were a lot of wet roots. Because of the mud you couldn't go



Garmsich cyclist Leigh Plowman works his way through a challenging mountain bike course at U.S. Army Garrison Hohenfels for one race in the 2010 U.S. Forces Europe Mountain Bike Series, June 19. Riders will return to Hohenfels for the championship race, Oct. 2.

too fast or you would slide out. There were a lot of short climbs. Overall the whole course was four laps; it was pretty hard," said Peterson. "It was a really well done and fun course."

"They put in some new sections (since the race last year) to make it a

little more technical. They did a good job, it was very well marked," said Jay Danna, a 55-year-old teacher at Hohenfels High School.

Riders said the only thing they would have changed about the event was the amount of participation.

Overall, 19 riders from Hohenfels, Grafenwoehr, Garmisch, Stuttgart, Heidelberg, Illesheim and Parsberg braved the course.

"I wish more people would come. It's a good time, worth the hour or two (hour) drive. I usually ride by myself

unless I come to something like this. It gives me a chance to meet people and have a good time," said Peterson.

Danna, who finished fifth in the men's overall with a time of 2:17:50, said last month's race marked his 11th time riding in the Hohenfels event of the series.

"I guess I'm addicted to it," Danna said.

Danna, Koppa and other riders said the series is a way to meet people who share their passion for the sport while exploring different parts of Germany.

"We all love to ride bikes. It becomes a part of you and then the fitness you gain because of it is invaluable," said Larry Purdue, 48, from Heidelberg.

"I just love racing. I'm very competitive and it allows you to push and test yourself to see what you're capable of. There is always room for improvement. Cycling is a great way to do that," said Purdue, who finished third in the men's overall at 2:06:52.

Also in the men's overall, Leigh Plowman from Garmisch finished second at 2:04:09. Matt Girard from Stuttgart finished fourth at 2:15:50. Jessica Miller from Grafenwoehr finished second in the women's overall at 2:07:12.

The next race in the series will be July 17 at USAG Ansbach. The championship race will be at Hohenfels, Oct. 2. For more information about registering for an event, call USAG Hohenfels Outdoor Recreation at DSN 466-2060, CIV 09472-83-2060.

Strength in Diversity



Priscilla Fleischer plays with Gabrielle Blizzard at Army Community Service's Little Trooper's play-group, June 25. Fleischer, a licensed clinical social worker with a doctorate in clinical social work, is the ACS Family Advocacy Program manager at U.S. Army Garrison Hohenfels where she oversees community outreach and prevention programs.

Fleischer's social work experience a benefit at Hohenfels

Story and photo by
Kristin Bradley

USAG Hohenfels Public Affairs

At a little over five feet tall, it is hard to picture Priscilla Fleischer as a social worker walking down the west side of Chicago in the '60s, just after rioters tore apart the city following Martin Luther King's assassination.

Once you have met her, with her wide smile and upbeat attitude, the mother of three and grandmother of three seems even more unlikely to fit that scene. But get to know her further, discover how underneath the cheerful optimism is a no-nonsense spunk, and suddenly it all makes sense.

In fact, that job on the west side of Chicago is one of the

tamer positions on Fleischer's impressive resume.

A licensed clinical social worker with a doctorate in clinical social work, Fleischer is the Family Advocacy Program manager at U.S. Army Garrison Hohenfels Army Community Service.

Over the years, she has had positions working with severe schizophrenics, patients with multiple personalities, homeless drug addicts and alcoholics, abused children, convicts and other assignments that took her to a side of humanity most people do not want to see.

After years of such assignments, Fleischer said she learned more about life from her patients than she ever did from herself. She said of all the

See FLEISCHER, page 24

Counter-IED techniques focus of new JMRC training course

Story and photo by
Sgt. Eddie Reyes

204th Public Affairs Detachment

In response to Secretary of Defense Robert Gates' directive mandating U.S. forces to work directly with International Security Assistance Force nations on countering improvised explosive devices, U.S. Army Europe's Joint Multinational Readiness Center premiered its first NATO Counter-Improvised Explosive Device Baseline Course, June 15-17, for ISAF partners looking to fill gaps in their training.

More than 50 soldiers from Albania, Estonia, Romania, Slovenia and Ukraine were grouped to cultivate camaraderie and to emphasize the importance of the teamwork needed to accomplish the objectives in training and in the real world.

Collectively, they trained on standard NATO operating procedures for countering IED threats. The overall training concept is composed of three pillars aimed at preparing every ISAF soldier, from junior enlisted to command staff level, to defeat the device, attack the network and train the force.

"Every soldier is looking to deploy to Afghanistan, so regardless of their country, these soldiers face the same threat," Maj. Phillip Borders, JMRC multinational counter IED planner, said. "It is very important for us as a U.S. nation to work with those partners ... to meet the emerging threats together as an ISAF force."

Earlier this year, troops from various countries participated in a preliminary four-day class in Poland to keep brigade level leadership up-to-date on various operational tactics used to attack IED networks.

The class laid the foundation for the training at JMRC, Borders said.

The three-day course was broken down into two-hour blocks of instruction alternating between classroom and field environments. The classroom portions introduced soldiers to the underlying concepts of defeating IEDs. The field portions split them into three groups to complete individual counter IED tasks in a "round robin" fashion, while reinforcing the classroom concepts through hands-on training.

During the last day of training, soldiers conducted mounted patrols using Virtual Battle Space 2, a first-person shooter



Soldiers from Slovenia recover explosive fragments after a simulated roadside bomb blast during their counter improvised explosive device training at the Joint Multinational Readiness Center, June 15. The instructors of the course taught the Slovenians how to properly record and collect evidence at a post-blast site so it could be sent up to the proper agency for further forensic analysis in the hopes of catching the bomb builders.

computer program the Army uses to test a unit's ability to perform collective tasks. The program is able to simulate any terrain and provides instant feedback to soldiers training on the equipment when they are wounded, knocked unconscious by an IED or killed in action.

"This is a low-cost solution to get them to work through their training tactics and procedures, and working the radios under pressure," said Maj. William Duffy, the VBS 2 officer in charge at JMRC. "In no way do I feel this replaces them getting out there, but this will make them more efficient, especially with the current on-tempo ... we can take this and train them anywhere in the world."

In addition to the financial savings the units receive, they also save valuable time that could be used to train in other areas.

"By doing this before the live training, everyone in the unit will be familiar with all of the procedures," Duffy said. "That way when they do go out to do the live training, not only do they get a first time go in their squad training exercises, they will be able to learn more advanced tac-

tics instead of having to run through the same lanes two or three times."

For Capt. Agron Kuta, a team commander from the Albanian Special Forces Battalion, the hardest part of the training was overcoming the language barrier.

"I think that the language barrier was difficult at times," Kuta said. "Some of us are not as quick to understand the words, so it took us a little longer to do what they wanted us to accomplish, but the instructors were patient with us, and we were able to complete most of the tasks well."

Despite the language barrier, Kuta said the experience was invaluable to him and his team members, and supplements their core training as they prepare to embark on their fourth and fifth deployments in support of Operation Enduring Freedom and Operation Iraqi Freedom.

"I believe we have been trained by the best instructors that I have seen in my army life," Kuta said. "I saw that a lot of them shared personal experiences from being in Iraq or Afghanistan, and were not just saying things that came straight from a book."

Renovations bring Storck a super playground

Story and photo by
Ronald H. Toland Jr.
USAG Ansbach Public Affairs

With all the diversified construction improvements going on in and around the garrison, one project in particular focuses on our children.

For years the process and planning for the new playgrounds has been in effect, and earlier this year, renovations began on the Storck Barracks location, which opened to the children and families of the community, June 29, after 18 months, it is now the children's turn to benefit.

"There was a need for upgrading and replacement of playgrounds in the housing areas and a close assessment of all playgrounds proved that it would be more cost effective to replace the playgrounds than to continue with costly repairs," said Anna Psaila, housing manager, who headed up the project.

The \$4 million project, with Storck Barracks being the first of the super-playgrounds, had another very important factor, the adequacy of the playground equipment and its safety, to include changed specifications complying with U.S. safety standards.

"In the past, the safety standards used by the manufactures were almost the same for German and U.S. housing installations," said Psaila. "These were changed, when the U.S. safety standards were raised to the point that

we would have to remove a majority of the available playground equipment. So we decided to plan and purchase equipment that would meet the necessary upgraded standards in its entirety; these new playgrounds now meet the latest safety standards implemented in the U.S.," she said.

For family housing residents, the playground is a major boost.

"Our housing areas each represent a unique military neighborhood," said Glenda Brown, Ansbach garrison housing chief.

"The Storck community works hard and well together. This playground provides an excellent opportunity for the residents to get to know each other while enjoying some of the amenities the neighborhood affords," she said.

Brown hopes that the new playground signifies endless hours of physical play and engaged imagination. Also, the new playground provides an outlet to relieve stress brought on by deployments, for both the parents and children, and gives an otherwise isolated spouse the opportunity to watch his or her child have some fun in a safe environment and at the same time, meet other spouses.

"We hope these playgrounds become the neighborhood glue — a spot where people can meet and interact with each other, so when the going gets tough, they will have met someone who will stick by them,"

said Brown.

"The new playground facilities promote better harmony within families, especially for the dependent children," Psaila said. "It gives families a protected and environmentally correct area for recreation, while furnishing controlled surroundings that parents can feel reassured as to their child's whereabouts and safety."

And as far as safety and durability goes, she said that the new playgrounds are constructed of environmentally friendly, weather-resistant materials.

"The ground surface is constructed of a wet poured rubber safety surface, with no spacing between sections, making it very soft and having the ability to cushion a fall from equipment of varying heights," she explained.

During opening remarks Timothy Bolyard, garrison deputy commander, commented on the quality of the new playground.

"This playground is for you; I wish I had this surface in my office — wow is that neat because it is easy on the feet," said Bolyard.

"G-park got a very (much) needed makeover — it is the biggest playground in Europe, even bigger than the one in Heidelberg housing," said Elijah Ham, Storck area support team manager. "This playground is really awesome — the community and the children deserve it."



Children from Storck Barracks in Illesheim get first dibs on playing on the new playground in the housing area.

Community members agreed. "I think it is awesome because they have more things to do out here — it is real big and safer without the sand, especially for the little ones," said Metrice Ferguson, a community resident who attended the opening ceremony.

"My son is small so it's perfect (safety wise) for him to play on the area for really small kids; and there is a better place for parents to sit while the children are playing," said Grace Peck. And for the children, whom the

playground was really designed, they really love it.

"It is awesome," said 11-year-old Yasmin Johnson. "It is really fun and safe, and I think the kids will love it; it is big, put up high where the kids can really enjoy the view, and when you go down the slide it feels like you are free."

"Kids will be very thankful to have something to be proud of," she added.

"The park is a place where your imagination can take flight," said 12-year-old Claire Torza.

ICE manager notices Ansbach services improving

by **Ronald H. Toland Jr.**
USAG Ansbach Public Affairs

Just one short year ago, overall services in the Ansbach garrison had a very low satisfaction rating, mostly relating to the ongoing construction and agency relocations.

One area in particular, the vehicle and weapons registration office, had an unsatisfactory rating for employee staff attitudes, which customers reported using the Interactive Customer Evaluation (ICE) program.

But that has all changed now for the Ansbach garrison service agency, which leads one to believe the quality of service has increased over the past, and the regional ICE manager

has taken notice.

"The customers in Ansbach have spoken, and what is apparent in their comments is that the service at the Ansbach registry, particularly in the key benchmark of staff attitude as perceived by the customer, has seen steady improvement," said Dawn Brlecic, manager of IMCOM-Europe Region customer management services.

Brlecic estimated that the satisfaction then was low and was able to see that since IMCOM uses ICE and other feedback sources to identify garrison services needing improvement.

"Improving employee staff morale, focusing on improving processes, and garrison commander and region leadership oversight of garrison

satisfaction and follow-up rates are three main reasons region sees an improvement in garrison services," said Brlecic.

"When an organization improves significantly it makes other organizations stand up, take note and strive to achieve similar success, it shows other service providers that improvement is possible and important to leadership," she added.

And the staff at the vehicle registration office says that applying the golden rule is status quo.

"We take time out to help the customer, no matter where they come from," said Albert Turner, Ansbach vehicle registration officer. "Whatever we can do to help them deal with

the registration process, which is not easy in itself, especially if they are new to Germany, we do that."

He says that putting himself and his staff in the customers' shoes is key, and that keeping things easy is paramount for his customers and relations with community members.

"People remember bad experiences," he said. "As a rule, I try to always put myself on the other side of that counter — serving myself — and I'll only give myself the best; putting myself on the other side of that counter and one will never go wrong and I teach my staff that, too."

"Service providers are an important integral part of the overall community picture, and customers are

being provided the services they deserve," said Chuck Wallis,

"It reflects the happiness and satisfaction to all members of our community, and the happier they are, trends have shown the more they want to do for their community—the stats are there," he added.

"What this proves is that the ICE system is a win-win for the customer and the Army," said Brlecic.

"Renewed garrison commander emphasis on customer feedback, coupled with the capability that the ICE system gives for leadership to identify specific areas that need improvement, not to mention the professionalism of employees, contributed to this success story," she added.

Ford a 'pool of endless energy'

by **Capt. Brent C. Carter**
*3rd Battalion,
158th Aviation Regiment*

This month I would like to highlight a hard working and dedicated Soldier — Sgt. Jason Ford. In my short amount of time as the Blue Stars company commander he has continuously demonstrated his outstanding work ethic and the entire company has witnessed the fruits of his labors.

From the first day that I arrived, I noticed how Ford never seemed to sit still. He is constantly carrying out some task and, at times, multiple tasks. Today, June 22, I was flying with him on a mission and we had to haul him off another aircraft on which he was conducting maintenance just so we could conduct our mission briefing. Any available time that he has, he is using it to better the unit.

Ford hails from Tampa, Fla. His work history runs the spectrum as far as employment. At 17, Ford left Florida and began a journey that ended as a crew chief on UH-60s in the U.S. Army. On the way, he poured concrete for prison construction and criss-crossed the United States as a commercial truck driver. No wonder he has the work ethic that I have come to appreciate and depend on.

Sgt. 1st Class Charles Reno, platoon sergeant, said: "He has proven to be an almost unstoppable force in the world of aircraft maintenance. His unbelievable work ethic and never-ending pool of energy serve well to help influence the rest of the company."

"Sgt. Ford's constantly upbeat personality and willingness to give anybody a hand with absolutely anything always helps to raise ev-



Photo by 1st Sgt. Thomas Graham

Sgt. Jason Ford, 3rd Battalion, 158th Aviation Regiment at his duty station.

erybody's spirits around him. He always has a story relating to something from his past that is sure to be an unbelievably entertaining tale."

First Sgt. Thomas Graham has seen Ford rise from a specialist and achieve his personal and career goals throughout the past year during the deployment.

"Sgt. Ford has demonstrated his dedication and focus to the mission every day. His contributions to the A Company Blue Stars team is consistent and has been recognized on numerous occasions for his hard work."

Ford is married to Stephanie Ford and the couple has a son, Sean, age 3.

WELCOME HOME HEROES

Right: Sgt. Jeffrey Gaunya greets his soon-to-be-born baby and wife Sabrina. Below: Families eagerly and excitedly await to be reunited with their loved ones.

Photos by Ronald H. Toland Jr.



Your Army Home

Visit the U.S. Army Garrison Ansbach's webpage at www.ansbach.army.mil.

Motorcycle Safety Day draws a winning hand

Story and photo by
John Reese
*USAG Garmisch
Public Affairs*

With the help of the garrison community and outstanding weather, June 26, Garmisch held its first motorcycle safety day and poker run in support of 2010 National Motorcycle Safety Month. The event was conducted at the direction of the secretary and chief of staff of the Army.

Twenty participants saddled-up and rode from Artillery Kaserne to the NATO School in Oberammergau, then to the Eibsee near Grainau, then to Sheridan Kaserne, and finally back to Artillery, collecting a hand of poker cards along the way.

"The intent was to host a motorcycle safety event for the community to promote safety among Army riders in the community, including local nationals," said Andy "Safetyman" Tuerk, garrison safety officer and event organizer. "At the same time this enhanced German-American relations."

The event was evenly mixed between German and American riders. Some of the German riders work for the garrison directorates and shops; two of the riders were garrison military working dog handlers. One of them, Staff Sgt. James Tolley, had just re-enlisted the day before. One couple and a single rider living and working for the U.S. government in Munich (who

use USAG Garmisch support services) made the trip to take part in the easy riding training.

A biker from Heidelberg who certified the reset Garmisch motorcycle safety range last fall returned to supervise the safety checklist, poker run and slowest rider competition. Retiree Mario Mercado and his wife Margie rode down, again as volunteers at their own expense, to share their years of experience.

"We got run off the road on the way," said Mercado. "I could feel Margie hitting me in the leg when it was happening, and I knew she was going to take a picture of the car's license plate. But I knew how to ride and what to do to avoid an accident, and that's the skills you need to develop."

Margie promptly recited the make, model and license plate number of the offending car.

"We don't know what we're going to do with the information yet," she said.

"The driver knew she took his picture. We'll let him think about it for a day," added Mario.

The duo worked as a team to conduct the event, using humor and wisdom to impart knowledge, and together they personally inspected each of the motorcycles for tire tread and oil leaks.

The event had the support of Tracey Stockwell, the Exchange New Car Sales Garmisch rep for AAFES, who provided prizes from Harley-Davidson courtesy of ENCS supervisor John War-



American, German and Japanese motorcycles with one American and two German riders compete in a slow ride elimination round. On his enduro-style Suzuki, Inspector Andy Biersack won both the poker run and slow ride competitions.

ren. Stockwell, herself a biker with a high-visibility pink helmet, rode passenger in the poker run. Garmisch PX Manager Annette Montgomery also volunteered her time as a member of the event planning group and dealt poker cards at the Eibsee.

"All of the bikes left and all

of the bikes returned safely," said Mercado. "Everyone had a good time and learned something. I'd call that a success."

After the safety checks and poker run were completed, the bikers were treated to sandwiches, chips, cookies and sodas donated by the Garmisch Community Spouses' Club

and party platters organized by the Garmisch Commissary. The hungry bikers broke bread and shared the camaraderie of the road under a canopy and fest picnic tables provided by the garrison's Family and Morale, Welfare and Recreation.

The big winner of the day was POV safety inspector

Andy Biersack, who won both the poker run with best hand and beat out all competitors in the slow ride challenge, a race to be last crossing the motorcycle training range.

"They all helped to make this a great event for our Soldiers and civilians," said Tuerk.

Flash flooding shuts down roads, rails to Garmisch

by John Reese

USAG Garmisch Public Affairs

Living in a narrow valley like Garmisch-Partenkirchen surrounded by steep Alpine bergs, the possibility of a flash flood from heavy weather combined with the usual melted snow runoff is always a threat.

The flooding problem is compounded when the ground gets saturated after several days of rain. Downstream in Oberau, the next train stop north of Garmisch, the runoff came uncomfortably close to cresting the Loisach River banks and overrunning several communities.

"The water level rose suddenly to approximately two meters higher than usual, causing roads to close and the Deutsche Bahn to cancel rail traffic between Garmisch and Murnau June 3," said Garmisch Safety Officer

Andreas Tuerk.

As the umleitung (detour) options are limited in the populated valleys, Autobahn 95 commuters and passengers on trains were stuck for hours until the water returned to a safe level. Rail passengers were stopped in Murnau and Garmisch and were eventually bussed between railheads.

Fire departments pumped rainwater from flooded streets into the already high Loisach. With heavy rain over several days, the water level in the river was at a dangerously high level.

"A rough emergency construction for flooding was put up, and without it there would've been serious problems in Oberau and elsewhere," said Tuerk. "The construction helped."

While this incident happened at the beginning of June, any serious weather front is a constant safety

threat. The river has claimed lives in the past. In normal weather, the Loisach is popular and deep enough for bathing and kayaking for Germans. Small, rocky beaches can get crowded with sunbathers. However, for American personnel, it is an unauthorized swimming area without lifeguards that can be tricky.

Garmisch Safety Officer Andreas Tuerk seen en route from his riverside home to observe the Oberau Fire Department pumping street flood water into the Loisach River. The river didn't need to crest for the heavy rains to saturate the ground and flood communities from Garmisch to Murnau.

Photo by Heidi Tuerk



Softball tourney is a grand slam



One great thing about the tourney is that every team said they would return if we held another one.

Joe Liston
Mueller Fitness Center

Chaplain (Maj.) Kevin Sears of the Garmisch All Stars winds up a pitch during the Grand Slam Softball Tournament; he also provided an invocation before the tourney. Retiree Frank Santos threw the first ball, June 18, before the players battled each other and intermittent Alpine showers for the three days. Ultimately, Geilenkirchen beat out K-town for first place and Stuttgart beat Mannheim for third.

Photo by Beate D'Amato

Mountain Bazaar is big in Garmisch



Photo by John Reese

Up to their hips in tapestries, Garmisch Elementary-Middle School Principal Debbie Strong and student Madeline Roberts explore the Big Mountain Bazaar, June 18-20. This year's bazaar was so big it filled a fest tent and the Pete Burke Center ballroom. Strong checked out the merchant's wares shortly after singing the national anthem to open the Grand Slam Softball Tournament.

Father-son duo serves in different armies



Master Sgt. William Groene (right) is a master sergeant in the U.S. Army. His stepson, Lt. Michel Vester (left), is a Danish cadet currently enrolled at the Royal Danish Army Officers Academy in Copenhagen. "He's a lot smarter, stronger and better looking," Groene said of his stepson.

Story and photo by
Nathan Van Schaik
USAG Schweinfurt Public Affairs

The apple doesn't fall far from the tree for this cross-military father-son duo. William Groene is a master sergeant in the U.S. Army. His stepson, Michel Vester, is a Danish cadet currently enrolled at the Royal Danish Army Officers Academy at the Frederiksborg Palace in Copenhagen. "I met his mother back in 1999 and we got married," said Groene, the rear detachment noncommissioned officer in charge of 1st Squadron, 91st Cavalry Regiment (Airborne). "The rest is pretty much history."

Vester, who works in logistics, is a Danish citizen. Dual citizenship is prohibited in Denmark. He doesn't see any differences between himself and his stepfather.

"We both like working in the army doing manual work and working with soldiers," Vester said. "I don't think there are any big differences."

"He's a bit more regimented and focused," Groene said of his stepson. Vester chuckled at the suggestion that his stepfather, who has over two decades of experience with the U.S. Army, is any less professional. "He's a lot smarter, stronger and better looking," Groene said with a smile.

The two reflected on the differences between the U.S. and Danish armies. Each agreed that there was something to be learned from his cross-cultural counterparts.

"In the combat environment I think there is, to a degree," Groene said about what the Danes have to offer. "I think it's their level of interaction. I think this is a lesson that the American Army is picking up on as well as far as interaction downrange in combat operations, where they tend to interact with the locals more."

Vester admired the internal interoperability within the U.S. Army.

"We sometimes have a problem with the different units interacting," Vester said, adding that Danish units are isolated according to region in Denmark. "They have some maneuvers together but it's definitely not the same as the American military."

Vester reunited with his stepfather when he and eleven other Danish cadets recently visited the Schweinfurt garrison for a week as part of a training exercise for the cadets.

Six months ago, Vester, curious about his stepfather's line of work, initiated the exchange.

"I wanted to see what the U.S. Army was doing so I asked him if it was possible," Vester said of his stepfather.

Later, with assistance from Michael Cormier, the 172 Infantry Brigade partnership office, Master Sgt. Groene orchestrated a week of interoperability training with 12 Danish cadets from the Royal Danish Army Officers Academy.

"The purpose was to introduce interoperability training and see how another army operates," Cormier said. "It was about getting to know another army, for the Danish and the Americans."

The 12 cadets were matched up with respective officers from the 172nd Support Battalion, 9th Engineer Battalion, 1st Battalion, 77th Field Artillery, and the Schweinfurt Garrison Judge Advocate General's office. Cadets participated in combatives training, trained among tank units, fired weapons at a range and competed in an international soccer tournament.

Lt. Michel Vester and his 11 comrades returned to Copenhagen after an eventful week. He still has one more year at the academy. Danish cadets are required to serve an enlisted commitment prior to enrolling in the academy. Fifty to 60 percent of Danish cadets, incidentally, have had one or more combat missions before entering the Danish Army Academy, Vester said.

Food service specialists prove they're the best

Story and photo by
Nathan Van Schaik
USAG Schweinfurt Public Affairs

Army food service specialists and staff at the Ledward and Conn dining facilities recently showed off their culinary skills in front of a panel of high-level evaluators, June 24-25, placing them in contention for the Army's cherished Philip A. Connelly Award — the first time the garrison has been eligible to receive it.

The Philip A. Connelly is awarded annually to both small and large dining facilities. Launched in 1968 after the former President of the International Food Service Executives Association, the award sparks competition between garrison dining facilities and incentivizes excellence in the preparation and service of food.

"I think we're going to win," said Ledward dining facility manager Alfonso Moore. "We've got great staff with great NCOs who train hard."

There are 22 dining facilities in Ger-

many, seven of which are in the field of competition. Two of those seven hail from Schweinfurt — Ledward Dining Facility, representing in the large dining facility category, and the Conn Dining Facility representing in the small category.

Evaluators from both Installation Management Command — Europe and U.S. Army Europe judged the dining facilities. The two will consolidate their results and release them in mid-July. If Schweinfurt wins that competition, they will advance to Armywide level competition between October and December.

"Facilities are evaluated on food preparation, sanitation, presentation, menu planning, management, cleanliness, proper utilization of equipment and cooking skills," said Chief Warrant Officer James Donaldson. Donaldson is a USAREUR food advisor and one of the evaluators in the competition. "To win, it takes hard work, dedication and a love for the occupation."

Competition is stiff and victory does not come easy.

"It takes the support of the command, unit and the garrison," said Robert Shamberger, the food program manager for IMCOM-E and another of the evaluators.

Shamberger would not elaborate on what garrisons in Germany have thus far favored the strongest. However, he did indicate that Schweinfurt's crew, all things considered, turned up the heat on their competition.

"I'm impressed for the simple reason these guys have been deployed for a long time," he said. "For these guys to be deployed and have to come back, they look good."

The Department of the Army, Chief of Food and Liquid Logistics Division, will announce the results of the Armywide competition no later than mid-January. Winners will receive scholarships, certificates and, of course, widespread culinary glory.

For more information on the Philip A. Connelly Award, visit www.quartermaster.army.mil/jccoe/programs/connelly/connelly_program.html.



Spc. Christopher Haynesworth, 1st Battalion, 77th Field Artillery Regiment, a food service specialist at the Ledward Dining Facility, demonstrates his skills before a panel of evaluators, June 24. The evaluators are recognizing the best in Army food service.

15th Engineer Battalion welcomes new commander

Story and photos by
Eva Bergmann
USAG Schweinfurt Public Affairs

Lt. Col. Craig S. Baumgartner assumed command of the 15th Engineer Battalion from outgoing commander, Lt. Col. David E. Hurley, during a ceremony outside the battalion's headquarters on Conn Barracks at the Schweinfurt garrison, June 15.

In 1993, Baumgartner was commissioned into the Corps of Engineers from the United States Military Academy, where he had earned a bachelor's degree in Engineering Management. He holds a master's degree in Engineering Management from the Uni-



Baumgartner

versity of Missouri-Rolla and another master's degree in National Security and Strategic Studies from the Naval War College, Newport, R. I.

His previous assignments include duty stations like Fort Benning, Ga.; Fort Riley, Kan.; Fort Jackson, S. C.; Fort Stewart, Ga. and several deployments to Saudi Arabia/ Kuwait, Bosnia-Herzegovina and Iraq. He is married to the former Audra Jones of Smiths Station, Ala., and they have two children.



Soldiers stand in formation just before Lt. Col. Craig S. Baumgartner assumes command of the 15th Engineer Battalion from outgoing commander Lt. Col. David E. Hurley during a ceremony outside the battalion's headquarters on Conn Barracks at the Schweinfurt garrison, June 15.

Track team gains momentum going into championship

by **Nathan Van Schaik**
USAG Schweinfurt Public Affairs

The Schweinfurt garrison Child, Youth and School services track and field team beat Hohenfels, June 19, and is now making preparations for the upcoming championships in July.

The victory marked just its first in four meets but the momentum should translate into success at the finals.

"We have steadily gotten better," said Schweinfurt's youth track and field coach Darryl Jones. "We finally won the fourth meet so that tells me that our training progression is right on time as we get ready for the finals."

The Schweinfurt team is made of over 40 students ages 6 through 15.

The Installation Management Command — Europe youth track and field finals are scheduled for Saturday, July 10, from 8 a.m. to 8 p.m. Competition will be held at Willy Sachs Stadium in Schweinfurt just outside of Ledward Barracks.



Courtesy photo

The Schweinfurt garrison Child, Youth and School Services track and field team beat Hohenfels, June 19. The team competes in the Installation Management Command–Europe championship finals, July 10, at Willy Sachs Stadium in Schweinfurt. "I think our success will continue," said coach Darryl Jones.

Youth teams from eight European garrisons will compete in the event including squads from Kaiserslautern, Heidelberg, Hohenfels, Wiesbaden, Grafenwoehr, Ansbach and Bamberg.

All military ID cardholders and their guests are invited to watch the action. For more information, call the youth sports and fitness

office at DSN 354-6822, CIV 09721-96-6822.

"I think our success will continue," Jones said of the improving Schweinfurt team. "However, I am concerned because some of my key athletes I lost due to PCS regular summer rotation. So we have to plug up some holes. But overall, I think we're good."

18th CSSB blends family, fun for half marathon

Story and photo by
1st Lt. Jennifer Dycz
18th CSSB Public Affairs

Soldiers, family members and civilians throughout the Grafenwoehr community joined up to participate in and enjoy the Hammer-half marathon, June 12.

The Hammer-half is a 13.1-mile run, 5-kilometer run and family fun mile walk, which was organized by the 18th Combat Sustainment Support Battalion.

“This was a great event, very professionally run and with a great demonstration of the warrior ethos. I see some serious contenders for the Army 10-miler out here,” said Brig. Gen. Steven Salazar, commander, 7th Army Joint Multinational Training Command, who took part in the 5k run. The day consisted of three main events; the longest of which was the half marathon.

“Although my husband Nathan and I had promoted numerous cycling races in the past, this was our

first running event. It was not easy, but hopefully we have established the 18th CSSB’s Hammer-half as an annual event,” said 1st Lt. Jessica Miller, executive officer for the 1st Inland Cargo Transfer Company.

The half marathon took the runners around the outdoor gym track, through post, and onto the tank trail where it doubled back and brought the runners once more around the Grafenwoehr gym. The 5k participants used the gym track and then ran around the base lake and back. The family fun mile was more relaxed with baby strollers, bikes and even dogs as the participants walked and jogged around the gym mile track.

Throughout the day, spectators enjoyed raffles and food tables, which supported the 18th CSSB’s family readiness groups.

“I had a lot of fun. The 18th put a lot of work into this event and it was very professional and well done,” said Maj. Dan Welsh, who works as an information operations officer for the 172nd Infantry Brigade. He took

first place with a time of 1:22:35 for the men’s half marathon division.

“It was a warm day with a nice start. It was nice to have a challenging runner next to me because I had to fight for my win. We have done quite a few of these runs and this one was done well,” said Nathaniel Burrell, the first place winner of the 5k run, who is a civilian living with his parents in Grafenwoehr.

Burrell’s brother Jonathon Burrell, 9, came in second place for his division of the 5k run.

“This was my first half marathon. I am tired but it feels nice to win,” said Staff Sgt. Stephanie Rodriguez, who works at the Bavarian Medical and Dental Activity. She took first place with a time of 1:52:43 for the women’s half marathon division.

“Everyone who participated in the event was a winner. We had families, battle buddies, siblings and athletic rivals all running together. This builds a team and is what the Army family is all about,” said Lt. Col. Reed Hudgins, 18th CSSB’s commander.



Maj. Dan Welsh, 172nd Infantry Brigade’s information operations officer who took first place, makes his way past two participants in the Hammer-half marathon, June 12.



U.S. Coast Guard Ensign Ryan Hixson wins his third consecutive Military Long Drive Championship with a 335-yard drive on his final shot Oct. 28, 2009, at Mesquite, Nev.

Wiesbaden to host first round of Long Drive competition

Story and photo by
Tim Hipps
FMWRC Public Affairs

ALEXANDRIA, Va. – It’s time for military golf’s big hitters to head to the driving range and prepare for local qualifiers in the 2010 Military Long Drive Championship presented by 7UP.

Long-driving ability with a touch of accuracy will be tested on or near 21 military installations during first-round competitions that will begin July 15 and run through Aug. 22. The full schedule of dates and times will be available soon at ArmyMWRGolf.com.

The Army Family and Morale, Welfare and Recreation-backed competition is open to active-duty U.S. military and family members 18 and older, including National Guard, Reserve and retirees from all services.

Following a second round of competition, nine regional winners will advance to Mesquite, Nev., to challenge three-time Military Long Drive champion Ensign Ryan Hixson of the U.S. Coast Guard.

Hixson has won all three editions of the Military Long Drive Championship with blasts of 343, 389 and 367 yards in the final rounds.

The finals of the Military Long Drive Championship will be waged Nov. 3 on the same grid as the 2010 RE/MAX World Long Drive Championship powered by Dick’s Sporting Goods – in a desert oasis resort town where the best in the business of tape-measure tee shots congregate annually to crown their champions.

The Military Long Drive champ will earn \$10,000 and an exemption into the 2011 RE/MAX World Long Drive Championship, which will result in another all-expenses-paid trip to Mesquite.

Europe’s first-round competition will be hosted by Wiesbaden, Germany, but numerous other posts in the continental United States, Korea and a location to be determined in Iraq. Competitors are welcome to travel to several qualifiers.

Swimming safely means teaming up

by Mollie Miller
U.S. Army Combat Readiness / Safety Center

There one minute, gone the next.

This is how witnesses often describe the circumstances leading up to the drowning death of a friend or family member.

“The speed with which something can happen that leads to a drowning death can be incredibly quick,” said U.S. Army Combat Readiness/Safety Center Safety Specialist Richard Scott. “When someone’s head drops below the water line, things go very bad, very fast.”

During the past two years, the Army has lost five Soldiers to drowning. In most of the incidents, the Soldiers were surrounded by friends, fellow Soldiers or family members during vacations or unit-sponsored activities.

“Sometimes, just being around a lot of people isn’t enough when it comes to staying safe in the water,” Scott said. “Being a buddy and actively watching for signs that someone is struggling can make the difference between a fun day in the water and a terrible tragedy.”

Jon Cole, aquatics manager at Fort Rucker, Ala., said the importance of having a buddy when swimming can never be underestimated.

“There are so many factors that can lead to drowning and having a ‘buddy’ there to watch out for some of the most common problems can certainly help keep swimmers safe,” Cole said.

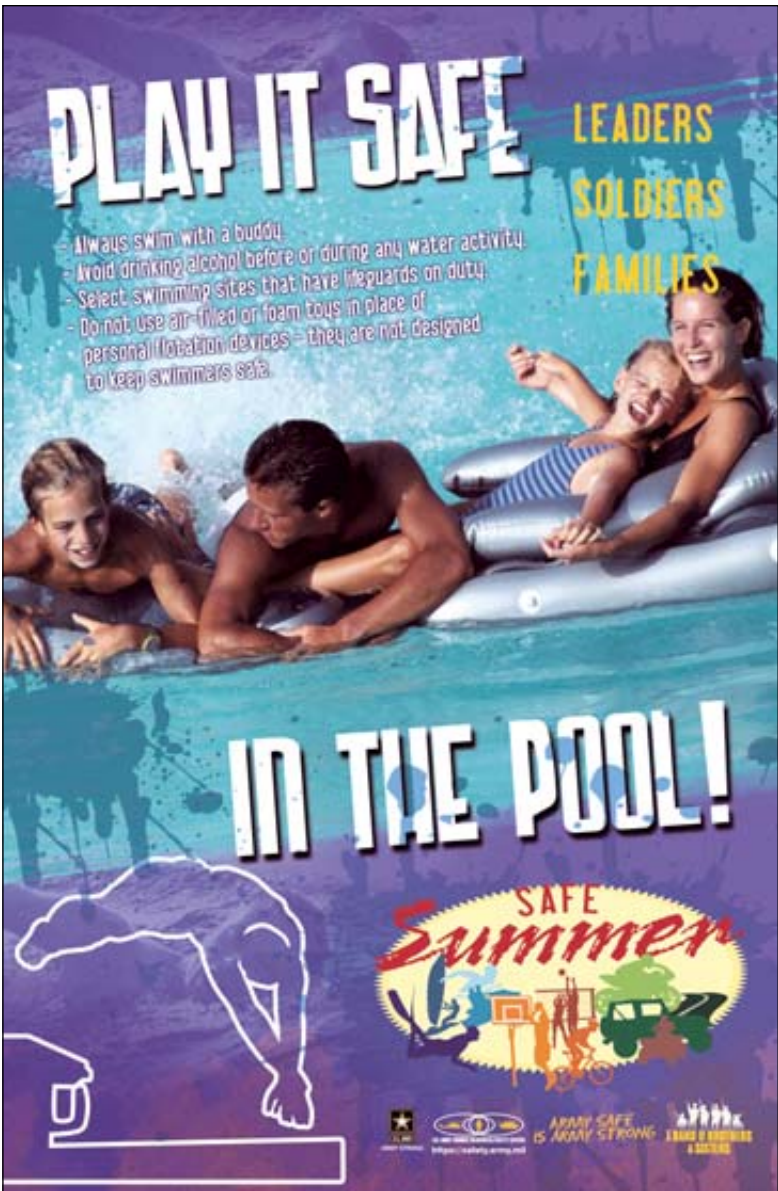
Scott said water safety is all about using common sense, understanding your own abilities and those of your buddy and knowing the different risks associated with pools, oceans, lakes and rivers.

“To be safe, you have to know the threats, know your limitations and know how to keep yourself and your friends and family out of harm’s way at all times when around the water,” he said.

The American Red Crosses “Too List” is a good place for people to start when educating themselves about things they can do to mitigate risks associated with water fun.

“The list reminds people to never get ‘too tired, too cold, too far away from safety, too much sun or too much strenuous activity,’” Scott said.

There are several things bud-



dies should look out for that may indicate that a swimmer has gotten “too” much of something and is struggling, according to Cole.

“Things to look out for in your buddy are general signs of sudden illness and respiratory distress,” he said. “Some things you might see are changes in breathing, dizziness or light-headedness, increased heart rate, chest pain or discomfort, flushed, pale, ashen or bluish skin, inability to speak in full sentences or tingling in hands, feet or lips.”

Jody Valdes, lifeguard and assistant aquatics manager at Fort Rucker, Ala., said she has seen many children and adults who have overestimated their swimming abilities, grown too tired and had to be rescued.

“It’s important to know your limitations,” she said. “Just stay in the shallow end and work on your skills until you are ready for a lon-

ger swim.”

If a buddy notices their partner is experiencing some trouble in the water, Cole said there are several things that can be done to help the struggling swimmer if a lifeguard is not available.

“The main rescue that untrained bystanders can do is a reaching assist,” Cole said. “This would include using any sort of a long, rigid object to reach to a person from a poolside or boat.

“When conducting a reaching assist it is very important to kneel, lie down or maintain a low center of gravity so as to not be pulled into the water as well.”

Cole said bystanders can also assist a struggling swimmer by throwing a rope or any sort of buoyant object to the individual. If it is absolutely necessary for an individual to enter the water, they should do so with two buoyant objects, one for themselves and one

Water-related injury prevention tips

- Designate a responsible adult to watch young children while around water.
- Adults should not be involved in any other distracting activity while supervising children.
- Always swim with a buddy. Select swimming sites that have lifeguards whenever possible.
- Avoid drinking alcohol before or during any water activity.
- Learn to swim.
- Learn cardiopulmonary resuscitation (CPR).
- Do not use air-filled or foam toys like “water wings,” “noodles” or inner-tubes in place of personal flotation devices. These toys are not designed to keep swimmers safe.
- For more tips and information, and to play an interactive game called “Water Safety,” visit <https://safety.army.mil>.

Editor’s Note: Information provided by the Centers for Disease Control and Prevention.

for the victim. If a victim does not recognize the rescuer is approaching and the object cannot be easily handed to the victim without any bodily contact, the victim should be approached from behind so that they cannot easily grab hold of the rescuer.

“The last thing we want is for a potential rescuer to turn into a victim,” Cole said.

Wherever swimmers find themselves having fun this summer, Scott is quick to stress that alcohol never mixes well with any water activity.

“The dangers are always there,” he said. “Never underestimate the power of water.”

For more information about water safety, visit the American Red Cross website at www.prepare.org.

For more information about the Army’s Safe Summer Campaign, visit <https://safety.army.mil>.

Visit the U.S. Army Garrison Grafenwoehr Web page, www.grafenwoehr.army.mil, for up-to-date news, events, contact information and much more.

Ceremony honors 100 years of training



The U.S. Army Europe Marching Band drum major leads the band at the Grafenwoehr Training Area Retreat Ceremony on the JMTC parade field in Grafenwoehr, June 30.

Photos by Staff Sgt. Adam Mancini

by Denver Makle
and Katie Cooper

7th U.S. Army JMTC Public Affairs

The Joint Multinational Training Command hosted a retreat ceremony and traditional German Army Tattoo, June 30, at the Grafenwoehr parade field on main post, marking the end of the Grafenwoehr Training Area's 100-year commemoration events.

Gen. Carter F. Ham, commanding general of the U.S. Army Europe and the 7th U.S. Army, presided over the ceremony, which was attended by many distinguished guests, including the Hon. Greg Delawie, deputy chief of the mission to Germany, Grafenwoehr Mayor Helmuth Waechter, and several past commanders of the installation.

"From the earliest days, Grafenwoehr Training Area has always been on the cutting edge of change," said Ham. "To provide Soldiers the best training possible as technological advances change military equipment, this training has also adapted to provide realistic and challenging training."

The economic impact of the Grafenwoehr Military Community on the local market is estimated at more than 610 million euros, which includes civilian pay, contracts, maintenance and repairs, services and utilities, rental and leased housing.

"Grafenwoehr Training Area continues to be the best place for Soldiers to train in Europe because of the outstanding relationship between the United States Army and the German people, who live outside our gates," Ham said. "A relationship



Joint Multinational Training Command Chief of Staff Col. Michael S. Higginbottom and JMTC staff officers stand at attention during the Retreat Ceremony in Grafenwoehr, Germany, June 30. The ceremony was part of the celebration of the Grafenwoehr Training Area's 100th birthday.

that remains as strong today as ever."

The Grafenwoehr Training Area was established 100 years ago, under the Bavarian government. In 1945, America's 3rd Army, under the direction of Gen. George Patton entered Grafenwoehr following the surrender of the soldiers based here, liberating prisoners of war from all over Europe. Since then, the Grafenwoehr Military Community and the local government have worked together to provide an environment where Soldiers can train, but also a community that's good for families, too.

"It's been a great week. Like everything here, this celebration has been a tremendous team effort between the city of Grafenwoehr, the

Bundeswehr, the Federal Forestry and the State of Bavaria, and so many great community organizations, Soldiers and family members," said Brig. Gen. Steven L. Salazar, commanding general, JMTC. "To all the families, I thank you for what you do to make Graf great, and as always our Soldiers are ready through training."

Today, the training area is the U.S. Army's largest overseas training facility, and one of the few places where U.S. military members regularly train with multinational partners from Europe and Africa.

"Training would not happen without our friends and gracious hosts," said Ham.

Grafenwoehr gets new 1.5-mile nature trail

by Denver Makle
and Katie Cooper

7th U.S. Army JMTC Public Affairs

As Grafenwoehr begins a new era, post 100-year birthday, plans take shape for a new recreation center. The new Grafenwoehr nature trail at Dickhaeuter Lake officially opened, June 28, during a morning ribbon-cutting ceremony. Col. Chris Sorenson, commander, U.S. Army Garrison Grafenwoehr, addressed a crowd of about 25 onlookers from the local German and American communities.

Brig. Gen. Steven L. Salazar cut the ribbon, marking the trail's opening.

"The nature trail used to be over by Hyde Pond," said Sorenson. "This is compensation for some of those areas we had to actually remove."

There were biotope and some woodland areas that required a partial compensation or replacement, he said.

Under Efficient Basing Grafenwoehr (EBG), a plan to enhance training readiness, improve force protection and provide new or reno-

ated facilities for Soldiers and families, the Army had to replace the older structures with upgraded or newer structures.

The outdoor recreation area, Grafenwoehr's picnic area, just beyond Gate 9 is getting a face-lift and the new nature trail is just the beginning.

The new 1.5-mile trail, in close vicinity to the location of a planned Outdoor Recreation Center (ODR), provides guests with fresh-air and a scenic view, while also providing 16 information boards that explore environmental topics, such as nature conservation, recycling, soil, butterflies and bees.

"The purpose of this trail is education," said Manfred Wick, chief of the U.S. Army Grafenwoehr's environmental division. The trail will educate school kids as well as adults. The location is perfect because it will be close to the ODR, and a lot of people will come to walk the trail.

The concept for the trail was planned by staff at the Environmental

Division. The trail was constructed in cooperation with the U.S. Army Corps of Engineers and German engineers at the Baudinststelle Grafenwoehr.

"During design and construction, we put emphasis on constructing the nature trail, and making it as environmentally friendly as possible," said Margit Ranz of the Department of Public Works' Environmental Division. "The trail fits into the surrounding landscape. And, where possible we used existing trails. New parts of the trail are constructed as an 'earth trail,' with almost no 'external materials.'"

"There is a green classroom, and anyone who wants to use it can. There will also be guided tours available for large groups, but they must be requested and scheduled through the environmental division," she said.

The guided tours of the nature trail will start and finish at the ODR site, said Wolfgang Schultes, ODR director. He also said there will be cabins available, as well as a snack bar.



Photo by Staff Sgt. Adam Mancini

Dr. Peter Fleischman, center, answers questions about a segment of the newly built Nature Trail, June 28.

Construction for the new recreation center is projected to begin in 2011.

"Construction is scheduled to last approximately 15 months," said Schultes. "The center will offer a va-

riety of adventure and recreation features on-site at Camp Heritage, to include a high ropes course, an indoor climbing wall and various outdoor games and activities."

Fleischer's experiences help Hohenfels

Continued from page 17

things she has come to know over the years, the most important is that nothing is absolute.

"Of all the things I have learned, there is no black and white. Truly. Nobody does it right and nobody is beyond reproach. If someone is willing to take responsibility and change what they can, we need to be able to forgive," said Fleischer.

That lesson of forgiveness came in part from watching people who have suffered severe trauma and developed a mental illness as a result, Fleischer said.

"I realized that there but by the grace of God go I. The difference between us is sheer luck," Fleischer said of her schizophrenic patients. "And there is not one person I have worked with who has told me

what they have done, even murder, that I am not capable of as well. There is a place inside me, of everyone, that is frightened, and mean, and self-serving and capable of doing dark deeds. I am only grateful that I have enough control over myself and I haven't been in those situations."

When working with patients with such severe trauma, Fleischer presented her work at several conferences in Southern California. After those presentations, Fleischer was invited the United Nations Commission on the Status of Women in 2007 to present her work with women who developed dissociative disorders after being abused as young girls.

The UN presentation was in March and a few months later in July Fleischer moved

to Germany with her husband, a retired Army colonel, and was ready to bring her experience to the Soldiers and families of USAG Hohenfels.

Now the Family Advocacy Program manager, Fleischer is in charge of Army Community Service's prevention and education services. That includes supervising all parent education programs as well as the Victim Advocacy, New Parent Support and Exceptional Family Member Programs. Fleischer oversees numerous other outreach efforts such as a weekly stress management class for Soldiers, a new couple's communication class, anger management classes and more.

Though after working at hospices and prisons, working at ACS might seem like walk in the park for Fleischer, she

said her previous experiences have prepared her to be the best possible advocate she can be for Hohenfels families.

"I know tons about families having worked with thousands of them, so I ask myself, 'what is it I know that they need?' They need programs for parents and couples counseling and other services. It allows me to build a successful program because I know what the issues are," said Fleischer.

According to Fleischer, her favorite part of her job is being able to impact positive change for the community because people recognize her expertise, but that doesn't mean she knows it all.

"The older I get, the more I know I don't know anything," said Fleischer. "If anything, getting older is a lesson in humility."

COLA drops as dollar gains on euro

Continued from page 1

COLA is designed to offset the higher prices of nonhousing goods and services overseas, not for purchases made on base, so that service members can afford to purchase the same level of goods and services as if they were stationed in the United States. It is designed to ensure economic parity with U.S. counterparts' spending patterns and levels. It compares prices of goods and services overseas with prices in U.S. for equivalent goods and services.

The allowance is paid as a percentage of a member's spendable income, not total disposable income. The allowance is also based on a number of factors, including the member's rank, grade, years of service, family size, loca-

tion, and the exchange rate. It is designed to offset expenses related to food consumed at home, food consumed away from home, clothing, personal care, tobacco and alcohol, car purchase, household operations, transportation, recreation medical care and telephone.

Currency fluctuations can affect both Overseas COLA and Overseas Housing Allowance (OHA) payments. The exchange rate between the host country currency and the dollar are reviewed twice a month for appropriate adjustments to ensure that neither the service member nor the government is disadvantaged over time by fluctuating exchange rates.

For a full list of the new COLA rates, visit www.defensetravel.dod.mil/perdiem.

Freas is 21st TSC Warrior of Year

Story and photo by
Frank Sanchez III
21st TSC Public Affairs

MANNHEIM, Germany — It was all heart and determination for the nine participants who competed in this year’s grueling three-day competition to become the Warrior and Warrior Leader of the Year for the 21st Theater Sustainment Command, here, June 13-15.

Sgt. Richard Hunter, the communications noncommissioned officer for the 240th QM Co., 391st CSSB, 16th Sust. Bde., was the 21st TSC Warrior Leader of the Year; and Spc. Michael Freas Jr., a human resources specialist for the 7th Warrior Training Brigade, 7th Civil Support Command from Grafenwoehr, Germany, as the 21st TSC Warrior of the Year.

The eight competitors began the competition with an Army Physical Fitness Test. During the fitness test, Soldiers were closely monitored as they tried to make every repetition count.

Following their fitness test, Soldiers were only given about 15 to 20 minutes before they were briefed and began suiting up for a rigorous 12-mile ruck march.

The day ran into night as the Soldiers trudged through a night land navigation course followed by a day land navigation course the next morning.

Competitors also faced the tasks of firing and qualifying with various small arms weapons, leading a squad of Soldiers through an urban assault course and brawling in combatives.

The competition finished with an exhausting situational training exercise course filled with multiple collective tasks to see how the participants fared in a crisis situation. The sequence of events concluded with a board appearance, which the 21st TSC’s Command Sgt. Maj. James Spencer presided over.

After the competition, the warriors headed to Panzer Kaserne parade field in Kaiserslautern, Germany, for a barbecue with their families and Soldiers from their units.

Freas said the assistance he received from his leadership was significant in his winning the competition.

“I have been receiving a lot of support from my unit. They have been very helpful and my NCO support channel has backed me up the whole way,” said Freas.

Hunter and Freas will represent the 21st TSC at the U.S. Army Europe Warrior and Warrior Leader of the Year competition later this year.



Spc. Michael Freas Jr., a human resources specialist for the 7th Warrior Training Brigade, 7th Civil Support Command from Grafenwoehr, Germany, throws a training grenade as part of a situational exercise during the Warrior of the Year competition at the Lampertheim Training Area just outside of Mannheim, Germany, June 13-15. Freas is the Warrior of the Year for the 21st TSC and will compete at the U.S. Army Europe competition later this year.



Photo by Gertrude Zach

Joint Multinational Training Command commander Brig. Gen. Steven L. Salazar is congratulated by Bundeswehr Brig. Gen. Johann Berger during the unveiling of the marker commemorating the 100th Anniversary of the Grafenwoehr Training Area. Present at the unveiling are previous Grafenwoehr commanders Lt. Gen. Mark Hertling, deputy commanding general TRADOC, retired Maj. Gen. Philip H. Mallory, retired Maj. Gen. George H. Harmeyer, former Grafenwoehr Garrison Commander retired Col. Robert Fulcher and retired Brig. Gen. Philip Coker.

Re-enactment honors storied traditions, advances in technology

Continued from page 1

to pieces, landing with amazing accuracy – a perfect “bulls-eye.”

Exactly 100 years earlier on the morning of June 30, 1910, there was much less fanfare, and a smaller group of onlookers and military professionals that watched as the 2nd Bavarian Field Artillery Regiment fired the 15cm 80Z howitzer round into the newly established Grafenwoehr Training Area from Gruenhund Hill, located approximately where Range 114 is today.

“The 2010 artillery shot we fired today for this ceremony was planned in part with respect to the hundreds of thousands of honorable Soldiers who trained here in the past, beginning with the Soldiers who fired that first shot,” said Col. Michael S. Higginbottom, JMTC chief of staff. “We are mindful of how we might be seen by historians in 2110. That being said, our responsibility and focus is always to the Soldiers here today — and to those who we will train here in the future.”

The program also included the firing of a 1910 antique German howitzer and the remarks of Grafenwoehr Mayor Helmuth Waechter,

Bundeswehr Brig. Gen. Johann Berger and the unveiling of a new commemorative marker to be placed alongside the 1910 marker.

“The original 1910 marker mentions the first shot into the impact area was 800 meters short of its target. That didn’t happen today,” said Garrison Commander Col. Chris Sorenson. “One hundred years later, we hit it dead-center, and that kind of skill and ability doesn’t just come overnight.”

We’ll never know if 21-year-old cannoneer Michael Kugler, the Soldier who pulled the lanyard that fateful day, or the other members of the six-man artillery crew, who wheeled out their horse-drawn howitzer, knew that they were creating an enduring milestone in the history of military training, but they did.

Join the Grafenwoehr Training Area celebration of its 100-year history on the Internet. A collection of archival photos, video stories and commentaries, an interactive timeline and a special 38-page commemorative issue of the JMTC Training Journal can be accessed online at: www.jmtc.hqarmy.mil/grafenwoehr100.html.



Firing for effect

Photo by Gertrud Zach

Staff Sgt. Alicia Anderson, 7th Army Non-commissioned Officer Academy, fires an M249 during the Joint Multinational Training Command’s Best Warrior competition, June 7-11. Anderson was selected as the JMTC Best Warrior Noncommissioned Officer of the Year and will now compete at the U.S. Army Europe level competition in Grafenwoehr, July 25-29.

Downsizing to affect 22 installations in European theater by 2015

Continued from page 1

to meet mission requirements,” said Brig. Gen. Allen Batschelet, USAREUR’s chief of operations. “Over the past several years, we’ve modernized our force, including creating the 12th Combat Aviation Brigade, integrating the 2nd Stryker Cavalry Regiment, transforming our airborne forces into the 173rd Airborne Brigade Combat Team, and transforming the 21st Theater Sustainment Command. We’re modernizing our force and consolidating onto main operating bases to be more effective and more efficient.

“This announcement represents significant change for many of our Soldiers, employees, and their family members,” Batschelet continued. “We know this is going to create challenges for them, but I can assure you that Army in Europe leaders are committed to keeping the Army in Europe community informed during this process, and ensuring that services and quality of life are maintained at the highest level possible.”

This portion of USAREUR’s transformation is a complex military operation involving at least 70

distinct unit actions. Because of the complexity, and to set the conditions for the final movements and closures, these actions will be completed in three phases.

Throughout all three phases, medical and other quality of life services will continue to be adjusted to meet the needs of the community. Department of Defense Schools officials will assess school programs and facilities to best adjust their support as enrollments decrease. Family housing in the affected installations will be vacated by attrition, and the garrison will direct new assignments within the Mannheim/Heidelberg footprint as appropriate.

Phase 1 has already begun, and is largely focused on the Mannheim community and its tenant units. USAREUR anticipates a 50 percent reduction of the Mannheim garrison population by the summer of 2010. Units from Taylor, Tompkins and Hammonds barracks will consolidate mostly on Coleman and Spinelli barracks, as well as a small enclave at Sullivan/Funari/Benjamin Franklin Village housing area.

IMCOM-Europe was scheduled to

inactivate U.S. Army Garrison Heidelberg by the end of June 2010, followed by the inactivation of USAG Mannheim by the end of May 2011. Although these garrisons are scheduled to be inactivated, quality of life support will continue and be adjusted over time as the population decreases. USAG Baden-Wuerttemberg will provide garrison support for remaining units until it is inactivated by the end of September 2014.

The Schwetzingen Training Area and the Mannheim Class III Point are expected to be returned to the host nation in the summer of 2010. Hammonds and Taylor barracks are expected to be returned by December 2010.

Phase 2, which begins in October 2011 and ends in December 2014, continues the focus on the Mannheim community and also sees one Heidelberg-based unit, the 529th Military Police Company, beginning its move to Wiesbaden. By summer 2012, most of the Soldier population in Mannheim will have departed. The Sullivan/Funari/Benjamin Franklin Village housing area enclave will be vacated, and is expected to be re-

turned to the host nation by the end of 2014.

By December 2014, all remaining Mannheim units are expected to be consolidated on Coleman or Spinelli Barracks, and will rely on USAG Baden-Wuerttemberg for quality of life support.

Phase 3, which begins in 2012, focuses on the relocation or inactivation of remaining Heidelberg and Mannheim units, and ends by December 2015 when all personnel have departed and the installations are returned to the German federal government. The only exceptions are the Germersheim Army Depot, the Heidelberg AFN Relay Facility, and the AAFES Gruenstadt facility, which will fall under the control of USAG Kaiserslautern.

This phase includes the moves of the USAREUR and IMCOM-E headquarters, and associated units. While this transformation announcement is not related to the recent Quadrennial Defense Review recommendations, the QDR has an impact. If the QDR recommendations are implemented and Headquarters, V Corps remains in theater, it will also relocate to Wi-

esbaden by October 2014.

The changes will decrease the U.S. Army’s total population in Germany by approximately 7,500 U.S. personnel – 1,500 Soldiers, 1,500 U.S. civilian employees, and an estimated 4,500 family members, as well as 1,045 local national employees. In addition, approximately 3,500 Soldiers, family members and U.S. and local national employees will be affected by unit moves to locations within Germany that have not yet been finalized. In Italy, the return of a transportation platoon based in Vicenza to the United States will result in the decrease of approximately 50 Soldiers and 70 family members.

“These actions are the last significant events in the transformation process USAREUR started in 2003, and we don’t expect any new major changes once we have finished these moves. However, everyone should realize that we regularly assess our structure and stationing to make sure we have the right units in the right places. Change is one thing that has been pretty constant throughout my career and USAREUR’s history,” Batschelet said.

Visit the U.S. Army Garrison Grafenwoehr webpage, www.grafenwoehr.army.mil, for up-to-date news, events, contact information and much more.